JIU JITSU STYLE

ROGER GRACIE

DEFINING EXCELLENCE

BEING A GREAT TEAMMATE

WRESTLING SPECIAL

ACTION FROM ABU DHABI

PREPARING TO COMPETE?

BRUNO MALFACINE

MACKENZIE DERN

MICHAEL LIERA JR

JANNI LARSSON

CHRIS BOWE

"AFTER SO MANY YEARS OF TRAINING AND DEDICATION IT'S ALWAYS NICE TO RECEIVE RECOGNITION, BUT I DON'T CONSIDER MYSELF THE BEST EVER"

9 772049 454007 26

ISSUE: 26 / 2015 £3.95

BADBOY
BADBOY
PRODUCT GUIDE 2014
ORDER NOW
ORDER YOUR
FREE PRODUCT GUIDE
WWW.BADBOY-EU.COM

BADBOY

THE NEW

SPHERE

COMPRESSION RANGE

AN EXTREMELY DURABLE COMPRESSION RANGE,
IDEAL FOR ALL FITNESS ENTHUSIASTS

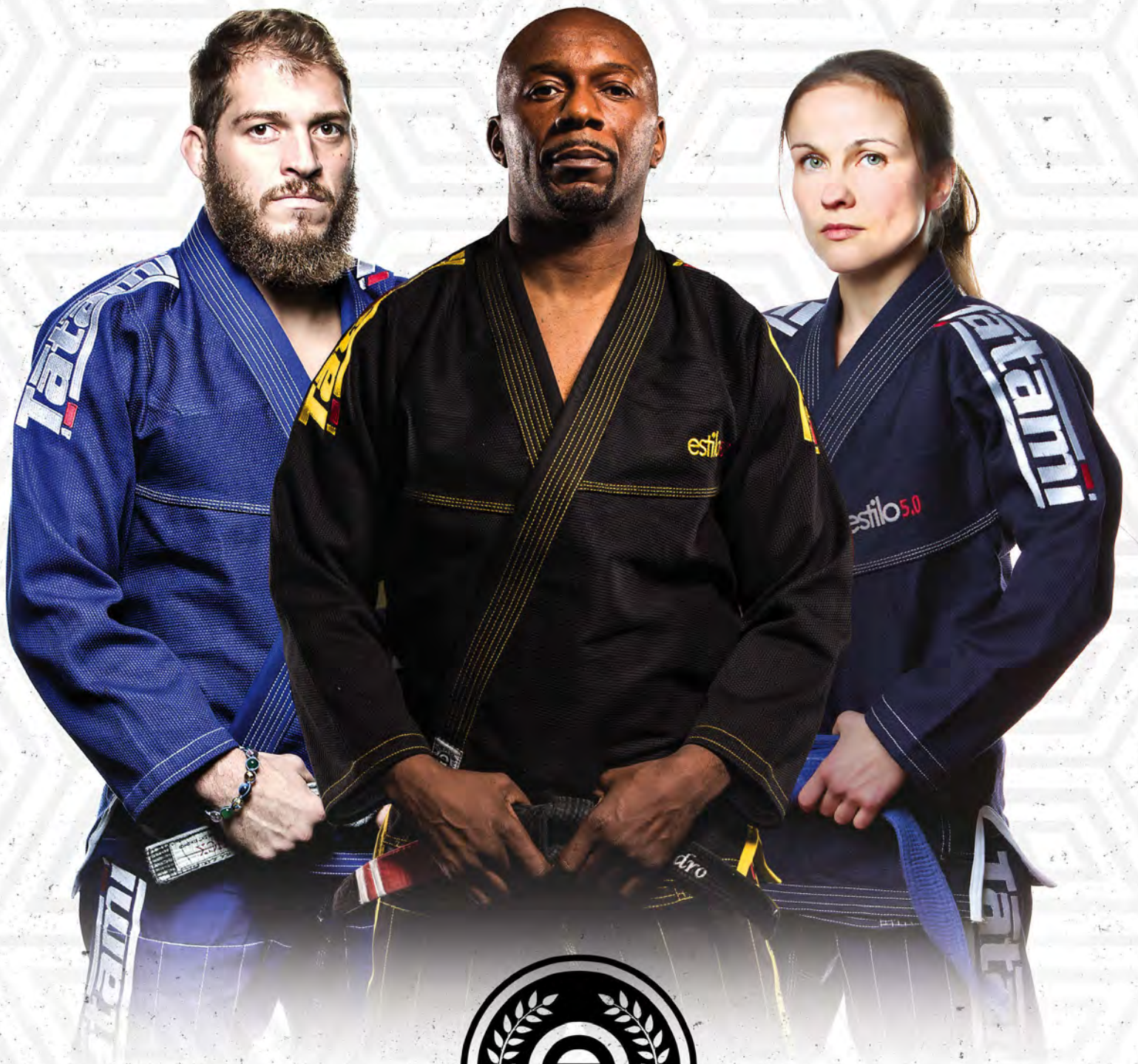
www.BADBOY-EU.com

© 2013 Bad Boy Brands. All Rights Reserved.

Tatami
fightwear

EUROPEAN CHAMPION
JT TORRES

estilo 5.0



estilo

AVAILABLE NOW

TATAMIFIGHTWEAR.COM

NEW!

BUILT FOR THE BRAVE

Bravery is daring to try where others would not. In honor of the brave, Hayabusa® is proud to introduce the newest innovations to their best-selling jiu jitsu gi collection.

Marcus "Buchecha" Almeida,
6X BJJ World Champion

Equipped with patch detailing now adorned with traditional kanjis meaning "bravery", "courage", and "certain victory", the trusted Goorudo™ Gold Weave and Shinju™ Pearl Weave gis embody the true spirit of jiu jitsu. Plus, for the first time ever, Hayabusa has developed a revolutionary gi specifically designed for women. With pearl weave fabric and a tapered cut, all athletes now have access to our strongest and most durable gis. Because for the truly brave, there should be no limits.

Developed with the finest gold weave fabric, the Goorudo™ Gold Weave Jiu Jitsu Gi simply outperforms the competition giving you the tactical edge you need.

Now paired with lightweight, ripstop pants, the new Shinju™ Pearl Weave Jiu Jitsu Gi boasts unbelievable strength, tear resistance, and freedom of movement.

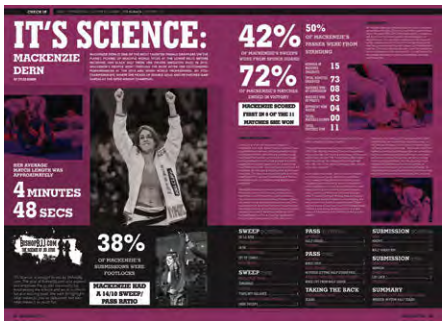
Not only is the all-new Shinju™ Pearl Weave ***Female Jiu Jitsu Gi*** *tapered to provide the perfect fit for women, but at only 450-gsm, it is the lightest Hayabusa® gi available.*

HayabusaFight.com /HayabusaMMA /Hayabusainc @Hayabusa_MMA

HAYABUSA®

ISSUE 26 – 2015

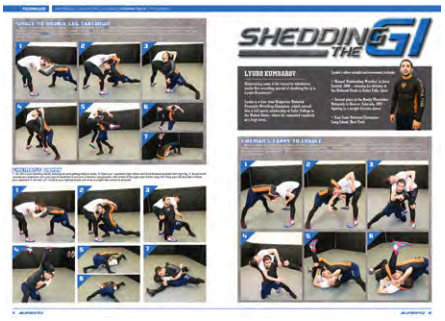
CONTENTS



24: IT'S SCIENCE: MACKENZIE DERN

38: BRUNO MALFACINE

42: MICHAEL LIERA JR.



66: SHEDDING THE GI WRESTLING SPECIAL

92: WPJJC TOURNAMENT REVIEW

10 THE BIG PICTURE
A striking image from our archives

15 NEWSROOM
What's been going on

26 HISTORY 101
The history of George Gracie

28 CHRIS BOWE
Irish black belt and Primary School teacher

30 JANNI LARSSON
Europe's adult black belt world champion

46 BUDO JAKE
Reviews the Eddie Bravo Invitational

48 BEING A GREAT TEAMMATE
With 2nd degree black belt, Sam Joseph

51 OLIVER GEDDES
On your first steps as a jiu jitsu competitor

52 CARLOS MACHADO
The art of frustrating others

54 MATT JARDINE
On training without training

56 MASTERCLASS
With Charles Negromonte

63 THE BJJ DOCTOR
Braulio Estima

72 NICK BROOKS
Sleeve and trouser grip sweeps

77 RISK FACTORS FOR INJURY
With Dr Rebecca Hill

80 FIGHTER EXCLUSIVITY
With Hannah Gorman

82 A LOOK AT PROTEIN
With nutrition expert, Mike Leng

84 THE PERFECT DEADLIFT
With Villain Strength founder, Andy Marshall

87 REVIEW CORNER
All the latest BJJ goodies under the microscope

98 PASSING NOTES
Seymour Yang's humorous look at the BJJ scene

32 ROGER GRACIE
Defining Excellence

JIU JITSU STYLE

SECOND FRONT PUBLISHING

Published by
Second Front Publishing Ltd
22 Beecham Road, Reading,
Berkshire, RG30 2RD

ISSN 2049-4548 (Print)
ISSN 2049-4556 (Online)

Call: +44 (0)1189 594765
General email: info@bjjstyle.com
Editorial email: callum@bjjstyle.com
Advertising email: sales@bjjstyle.com
Subscription email: diane@bjjstyle.com

www.facebook.com/bjjstyle
www.twitter.com/jiujitsustyle

Annual digital subscription just £15. Jiu Jitsu Style's digital edition is available via the Android market and iTunes store.

Visit our website for more details.

BJJSTYLE.COM

EDITOR: Callum Medcraft

CONSULTANT EDITOR: Roger Gracie

CONTRIBUTORS:
Mike Leng
Nick Brooks
Roger Gracie
Sam Joseph
Can Sönmez
Seymour Yang
Carlos Machado
Felix Rodriguez
Jake McKee
Oliver Geddes
Lyubo Kumbarov
Braulio Estima
Andy Marshall
Charles Negromonte
Hannah Gorman
Tyler Bishop
Rebecca Hill
Matt Jardine
Tom Bell

ILLUSTRATION CONTRIBUTOR:
Seymour Yang

PHOTOGRAHIC CONTRIBUTORS:
Paul Corkery
Alberto Marchetti
Aleks Kocev
Flavio Scorsato
Callum Medcraft
Jaco Sports
Budo Dave

COVER SHOT: Paul Corkery

Distributed to the newstrade by:
COMAG Specialist – 01895 433800

PRINTED BY:
www.advent-colour.co.uk

Disclaimer: The views and opinions expressed by the contributors to this magazine may not represent the views of the publishers Second Front Publishing Limited. Second Front Publishing Limited are not liable for any mistake, misprint or typographic errors. Copyright: 2013 Second Front Publishing Limited. All material in this magazine, including both text and images, is protected by copyright. Replication via republishing in any print or digital form requires consent from Second Front Publishing Limited.

So, this is a little strange, as it's me that's made this cover of the magazine! It's always great to see your picture make the front of a mag or in an article - and this is no exception.

It was an interesting interview for me, as I always find it difficult to answer the questions relating to my own success as a fighter. The more I think about what I have achieved, or what people say I've achieved, it becomes clear that I am only concerned with being the best fighter I can be. Medals are great and it's great to be recognised for that, but I have always worked hard to be the best fighter in the world. Some people will say I'm successful, others won't, that's just life. I do hope you enjoy the interview and that it helps you gain an understanding of what motivates me, my views on the evolution of jiu jitsu and what I hope to achieve in the future.

It's also great to have a feature interview with Bruno Malfacine inside this issue, as Bruno is a man who's been racking up countless medals over the past few years. I think both Bruno's and Caio Terra's matches at the Pan Ams and Worlds have gone a long way to promote the lighter weight divisions, showing just how technical and exciting the lighter fighters are. Bruno is a six-time world champion, which is a great achievement, so I hope you enjoy our conversation with him.

"MEDALS ARE GREAT AND IT'S GREAT TO BE RECOGNISED FOR THAT, BUT I HAVE ALWAYS WORKED HARD TO BE THE BEST FIGHTER IN THE WORLD"

Charles Negromonte's the man taking our Masterclass feature for this magazine, and it's a great to have him showing some of his favourite techniques. Charles is one of the most underrated middleweights in my opinion, as I've trained with him plenty of times and he teaches at my academy here in London at the weekends. Make sure you study his positions!

Also make sure you check out our Shedding the Gi feature for some expert wrestling techniques via my friend, Lyubo Kumbarov. Lyubo teaches wrestling at my academy and is of an incredibly high level, having won the Bulgarian national championships four times and won a scholarship to wrestle in the US. Don't miss this one.

Once again the Abu Dhabi World Pro Jiu Jitsu Championships looked like a fantastic event. I would have loved to visit the UAE for the event, but I was busy travelling in Australia, so I had to miss out. Big congratulations go out to Marcus Almeida and Mackenzie Dern for their performances and coming home with the belts.

I hope you like the latest issue of the magazine and – until next time – keep training and enjoying jiu jitsu.

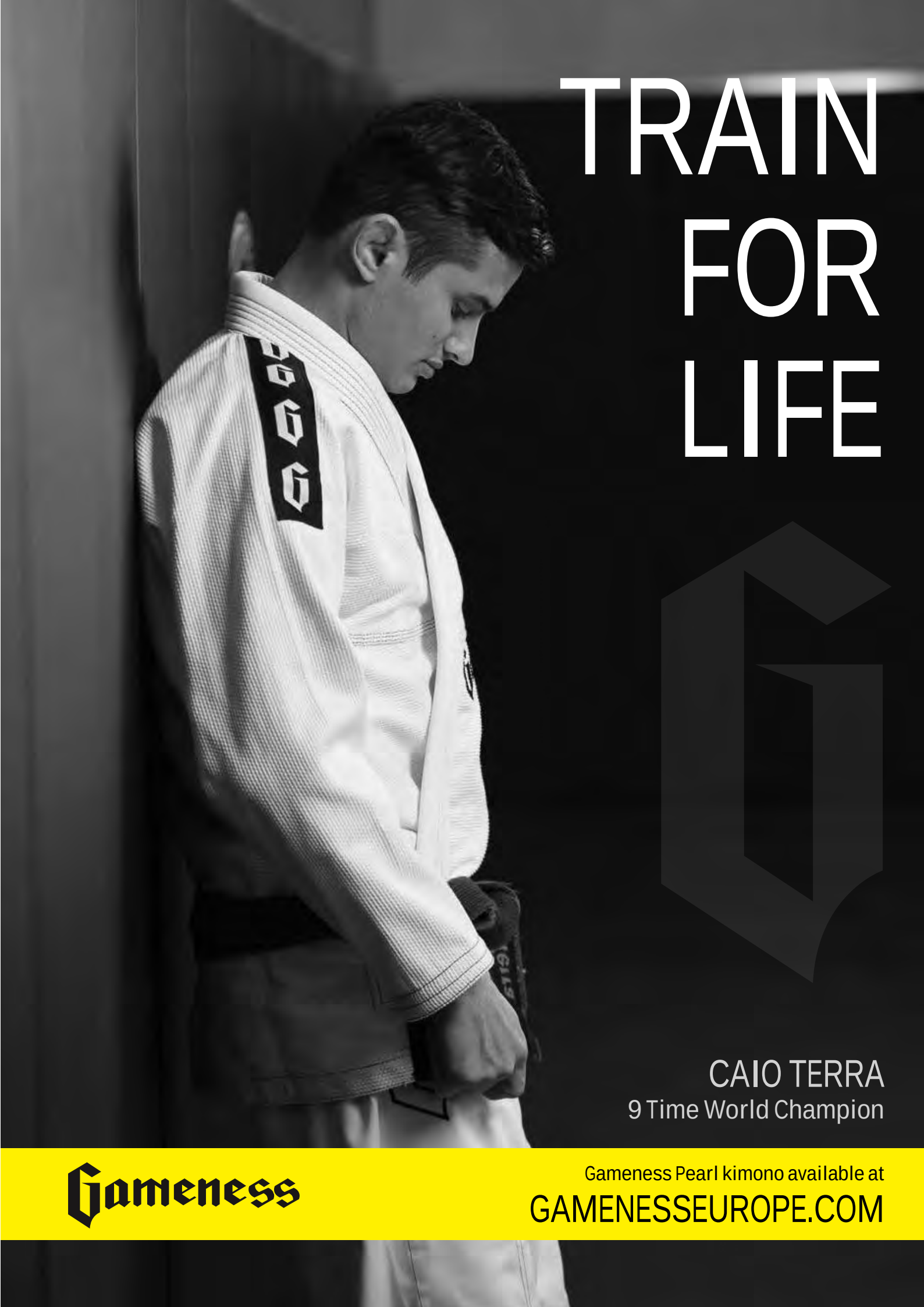
ROGER GRACIE

MANTO
+
GAKKIN
+
KRAZY BEE
MANTOSHOP.EU
MANTOUSA.COM
KRAZYBEE.JP

THE BIG PICTURE

Mackenzie Dern salutes the crowd, having pulled off the impossible at the 2015 Abu Dhabi World Pro by defeating Gabi Garcia in the black belt open weight division.

PICTURE: CALLUM MEDCRAFT


TRAIN
FOR
LIFE
CAIO TERRA
9 Time World Champion
Gameness
Gameness Pearl kimono available at
GAMENESSEUROPE.COM

GR1PS

THE WAY OF THE WARRIOR

BUSHIDO

LIMITED EDITION RASHGUARD

GR1PS

WWW.GR1PS.COM

The Godfather

×

スクランブル SCRAMBLE®

SCRAMBLE X THE GODFATHER
CORLEONE KIMONOS TSHIRT
AVAILABLE WORLDWIDE END OF MAY
WWW.SCRAMBLESTUFF.COM

TM AND (C) 2015 PARAMOUNT PICTURES.
ALL RIGHTS RESERVED.

NEWSROOM

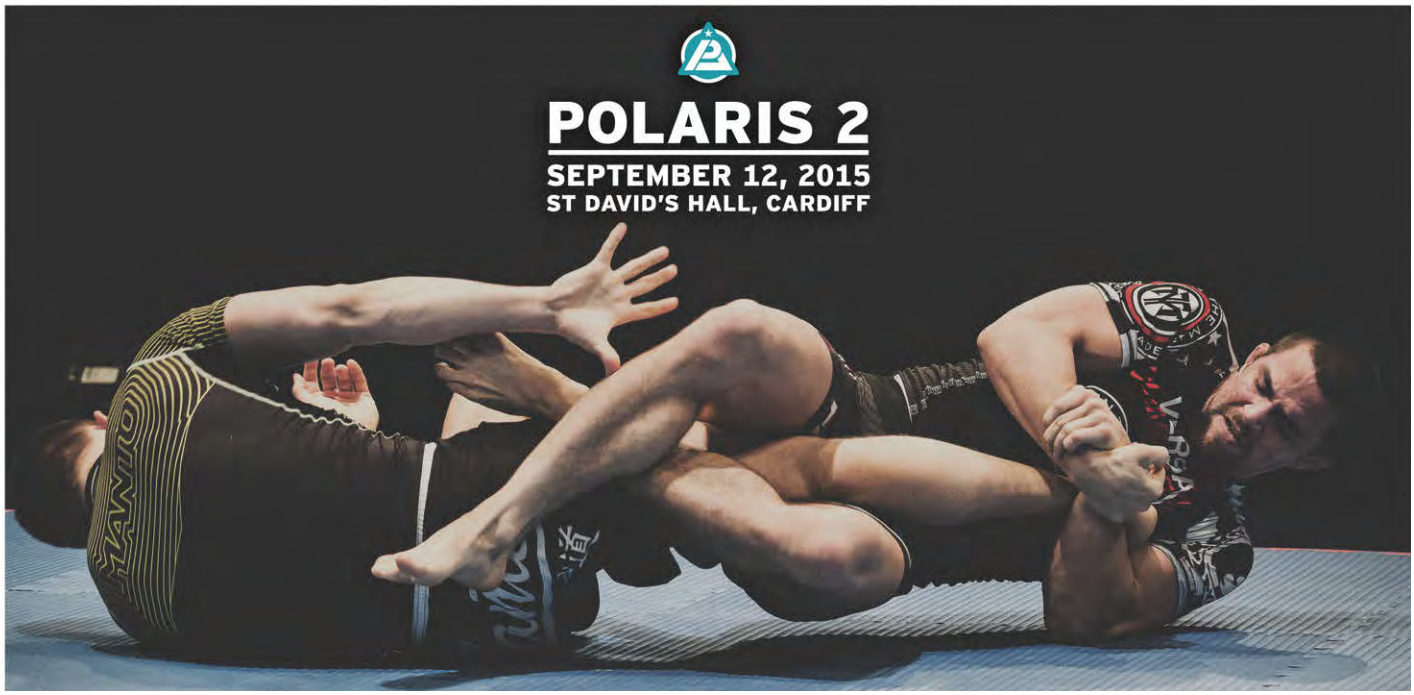
#SUBONLY #POLARISPRO #WOMENINBJJ #GAMECHANGERS

POLARIS RETURNS IN SEPTEMBER COMMITTED TO FEMALE FIGHTERS

Polaris has announced that a second edition of the event will be taking place on the 12th September, again at St David's Hall in Cardiff. They have also made a welcome commitment to support women in BJJ, confirming that women will be included in future Polaris fight cards. The Eddie Bravo Invitational has also been sure to include female competitors, with a match between young competitors Grace Nichols and Alyssa Wilson lauded as the fight of the night at EBI 3.

This is in marked contrast to Metamoris, which has inexplicably failed to build on the success of an exciting match-up between Michelle Nicolini and Mackenzie Dern back at Metamoris 2 in June 2013. Despite the positive reaction, almost two years later it remains the promotion's only women's match. Similarly, Copa Podio has not seen women on the mat since their 'Couple Challenge' at the January 2013 Heavyweight Grand Prix.

Ralek Gracie told MMAFighting.net that: "We're spinning a wheel. We have to keep the wheel moving. I just don't think there's women who are really going to bring it on that level." It's a perplexing position, considering that Metamoris 6 currently features two retired MMA fighters just shy of forty as the co-main event.



#METAMORIS #RALEKGRACIE #SUBONLY

METAMORIS OFFERING EXCLUSIVE CONTRACTS

Metamoris has taken the interesting step of signing several competitors to exclusive contracts (though not excluding the ADCC or IBJJF tournaments). This was highlighted recently after some back-and-forth between Metamoris and the man who is arguably the best-known sub only fighter today, Garry Tonon. He turned down their offer in order to remain a free agent. Although the quoted $140,000 figure would probably be rather lower in reality (as it would presumably be a maximum, dependent on bonuses, sponsorship opportunities and the like), it is still an unprecedented sum for a BJJ competition.

Whether or not BJJ can support anything approaching these kinds of salaries at this stage remains to be seen. In Ralek's response to Tonon's public statement, the Metamoris promoter claimed that the contract included the opportunity to compete "up to 12 times a year," which would be a huge jump in frequency for Metamoris. The more immediate impact is on rival sub only events. While Tonon was put off by the exclusivity conditions, several others originally slated to fight at the third Eddie Bravo Invitational were not. Dillon Danis pulled out several weeks in advance due to an offer from Metamoris, then Marcelo Mafra jumped ship on the day of EBI 3.

#IBJJF #NOSTALLING #NEWRULES #WHITEBELTSCAN'TJUMP

NEW IBJJF RULES INCLUDE CHANGES TO 50/50 AND JUMPING GUARD

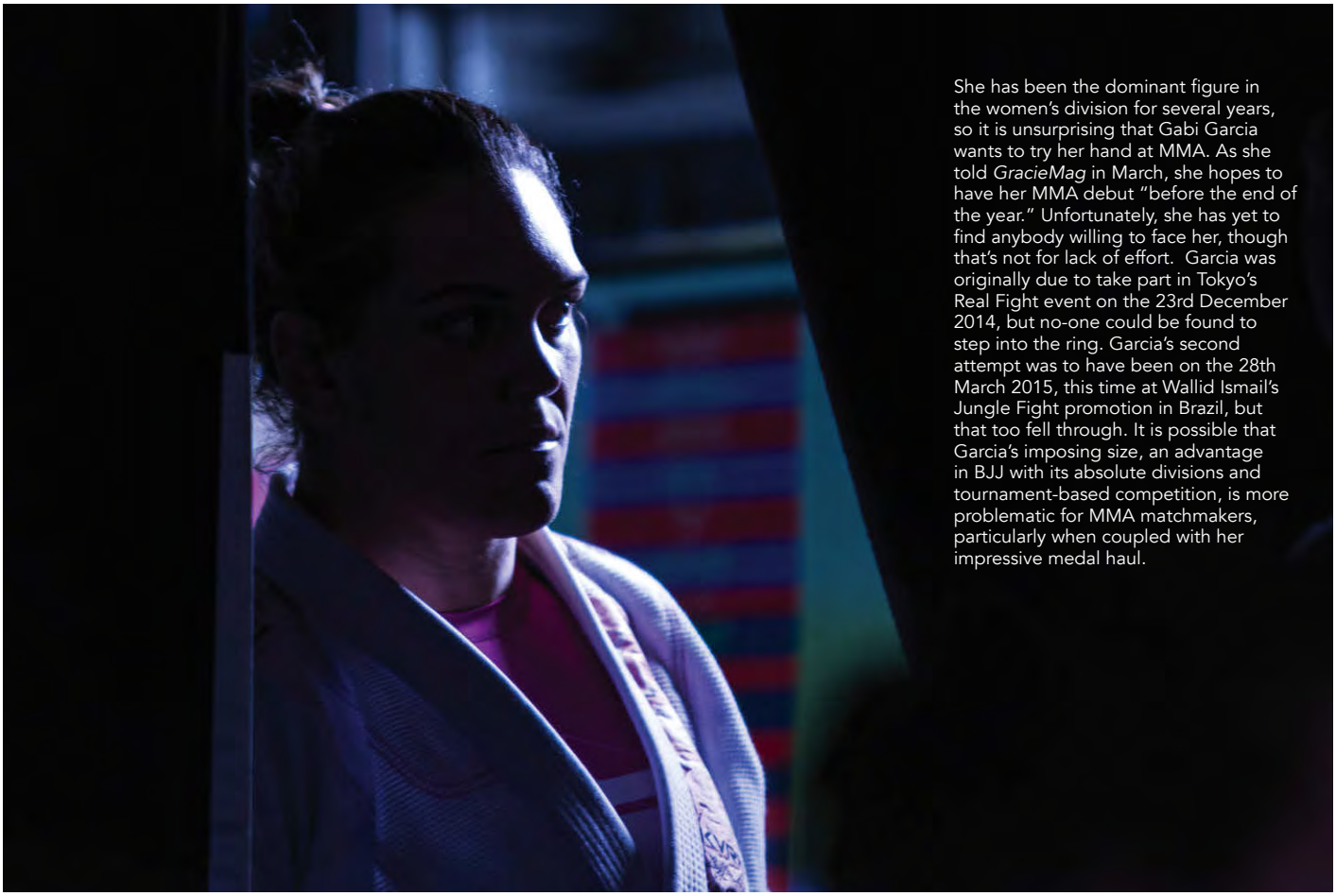
The IBJJF, currently the largest company providing BJJ tournaments, has released version 4.0 of its rule book. Among the various changes, rule 5.8.4 reads "no advantages will be awarded for sweeps that start and end in a 50/50 guard situation." The 50/50 guard has been controversial ever since it started growing in popularity, with critics accusing 50/50 players of stalling and playing for advantages. According to IBJJF representative Muzio de Angelis in an interview with *Tatame*, "it was a complaint from teachers, who asked the IBJJF to take action."

Another potentially major change, at least for white belts competing in IBJJF competitions, is rule 6.4.23. Under the 'serious fouls' section, it is now "forbidden for an athlete to jump into closed guard while their opponent is standing." Of course, as that is restricted to white belts it is unlikely to kick-start a renaissance of takedowns: the intention is to avoid injury rather than make judoka and wrestlers happy. Nevertheless, it will be interesting to see if the lack of guard jumping at white belt has any impact further down the line for that generation of IBJJF competitors. A less significant shift relates to sportsmanship, as it is now a disciplinary foul to "disregard the seriousness of the competition by performing actions simulating or faking combat."

Nick Brooks (Black Elite)
IBJJF European Champion 2013
NAGA European Champion 2012
Dickie Martin (Black Leve)
Masters World Champion 2014
Heavyweight and Openweight
Sam Gibson (Blue Leve)
English Champion 2013 & 2014
British Champion 2013 & 2014
European No-Gi Champion 2013
Lee Renaut (Superlight)
English Champion 2012/2013/2014
British Champion 2014
European Champion 2013
fight or die
FAIXA RUA
kimono leve de competiçao
www.faixarua.co.uk
Come and try a gi on
89 Richford Street, London W6 7HJ or
268-270 Watford Way, Hendon, NW4 4UJ

#GABIGARCIA #MMA #WOMENINBJJ

GABI GARCIA STRUGGLING TO MAKE MMA MOVE



She has been the dominant figure in the women's division for several years, so it is unsurprising that Gabi Garcia wants to try her hand at MMA. As she told *GracieMag* in March, she hopes to have her MMA debut "before the end of the year." Unfortunately, she has yet to find anybody willing to face her, though that's not for lack of effort. Garcia was originally due to take part in Tokyo's Real Fight event on the 23rd December 2014, but no-one could be found to step into the ring. Garcia's second attempt was to have been on the 28th March 2015, this time at Wallid Ismail's Jungle Fight promotion in Brazil, but that too fell through. It is possible that Garcia's imposing size, an advantage in BJJ with its absolute divisions and tournament-based competition, is more problematic for MMA matchmakers, particularly when coupled with her impressive medal haul.

#BJJ #SCIENCE #TEACHING

DOES BJJ TEACHING NEED MORE SCIENCE?

In an article on OCWeekly.com, Dr Mark Dearing claims that "a lot of coaches, they get their black belt and become like a tight mafia. All of the information that those coaches know stays within them, they're not proliferating the information." He goes on to state that jiu jitsu "needs to have new knowledge coming in. There needs to be peer-reviewed articles and videos."

Though a black belt is arguably a qualification of sorts to teach BJJ, being able to teach a great class is a quite different skill to being able to land a great armbar or triangle. Organisations like Gracie Barra and the Gracie Academy have attempted to bring in specific criteria and instructor courses, but those remain behind closed doors, rather than being open to the broad peer-review Dearing suggests.

Of course, he has a product to sell with his consultancy business, but the idea of greater knowledge sharing is an appealing one. With the proliferation of YouTube and social media, there is already an unregulated and open source option. The question then becomes, can that be transformed into the academically rigorous model Dearing would like to see, without it getting political? After all, the current set up has its advantages, preventing a central body acquiring too much power.

PRO LIGHT CHAMPIONSHIP GI
SIZE A2 = 1.2KGS

WWW.SUBMISSIONSNIPER.COM

BELT PROMOTIONS

IF YOU WERE LUCKY ENOUGH TO BE AWARDED A NEW BELT RECENTLY, THIS PAGE REPRESENTS A GREAT OPPORTUNITY TO SAVOUR THE MOMENT WITH RECOGNITION IN JIU JITSU STYLE! SEND IN DETAILS OF YOUR RECENT PROMOTION, INCLUDING THE RANK YOU ACHIEVED AND YOUR INSTRUCTOR'S NAME, AND WE WILL PUBLISH AS MANY AS WE CAN IN OUR MAGAZINE.

SEND YOUR EMAILS TO U2US@BJJSTYLE.COM

Richard Jahn promoted to purple belt and Aaron Caughlin promoted to blue belt by Tom Barlow (black belt under Braulio Estima).

David Iturrino was promoted to black belt by Todd Cutler of Fight Sports under Roberto "Cyborg" Abreu.

Jamie Pye promoted to blue belt by professors Paul Hartley and Matthew Callaghan.

Mike Reay promoted to blue belt by Professor Paul Hartley and Matthew Callaghan.

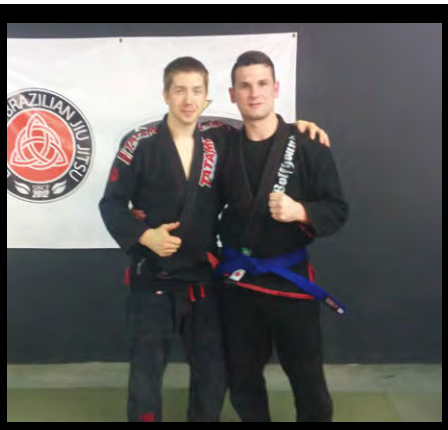
James Hardy was promoted to black belt by Roger Gracie, while Andy Roberts received his first degree.

Graduation shot from Bear's Dojo of the FN Nova Uniao Europe, guided by their instructors Fabricio Nascimento and Stefano "Urso" Meneghe.

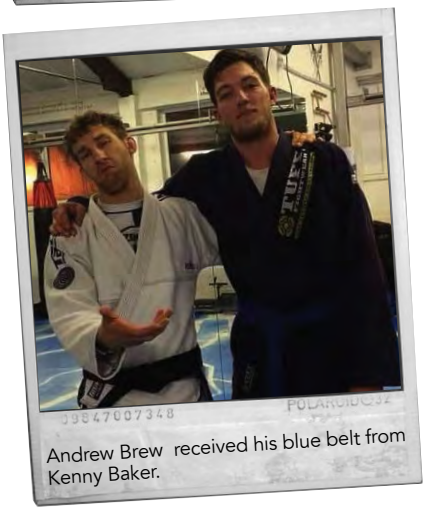
New School BJJ grading day. Black - Robert Salmon, brown - Pat James, purple - Elliott Nurse and Keith Goodenough, blue - Martin Luke.

Shae DeWent was promoted to blue belt by Chad Pomeroy. Pictured with Chad Pomeroy and Kroyler Gracie.

Jeremiah Bunker promoted to purple belt by Pedro Sauer black belt, Ben Rhodes.



Gary O'Neill received his blue belt under Fergal Quinlan of BJJ Revolution Limerick, Ireland.



Andrew Brew received his blue belt from Kenny Baker.

Nick Powell received his purple belt from Kenny Baker.

Noel Brigand promoted to brown belt at Mill Hill BJJ by Reyson Gracie and Nick Brooks.

Paul Johnson received his purple belt from Kenny Baker.

Alejandro Carreras received his brown belt from Jorge and Agustin Climent, of Mario Zukata BJJ.

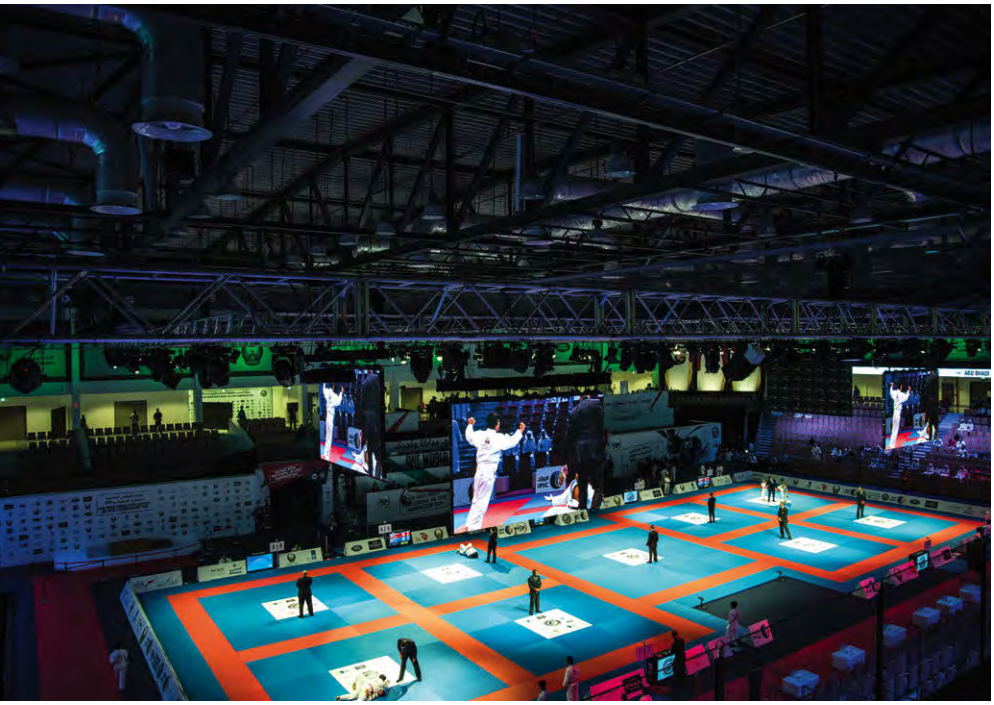
Jon Jarvis was promoted to purple belt by Lee Johnstone (Combat Sports Academy/GFTeam).

Chris Mather received his blue belt from Sam Joseph at Buckhead Jiu-Jitsu in Atlanta, Georgia.

A WORD FROM THE EDITOR

ABU DHABI WORLD PRO: JIU JITSU'S CENTRE STAGE

Unless you've been living under a rock for the past couple of months, you will be fully aware that the annual World Professional Jiu Jitsu Championships (WPJJC) took place in Abu Dhabi this April. This was UAE Jiu Jitsu's seventh rendition of the Pro Championships and – as predicted – they managed to raise the bar once again.



Though it forms the focal point for most of our lives, jiu jitsu is still an amateur sport, with participation numbers nowhere near close to matching mainstream sports such as football, rugby or even bowling! However, with jiu jitsu still finding its feet and organisations like Polaris Pro helping promote our sport to the masses, the endeavours of Sheikh Tahnoon and the WPJJC offer the elite athletes a taste of the amphitheatre they deserve.

Over 4000 competitors took to the mats this year in Abu Dhabi for the WPJJC and Children's Cup, with the world's elite in attendance and battling it out for the championship belts – as well as the biggest prize money offered in jiu jitsu. The tournament took place at the IPIC Arena, a custom built facility that caters solely for BJJ. After just a few minutes standing inside this fantastic stadium you quickly realise that no expense has been spared. The seating, the lighting, the music, the big screens, the broadcast team, the warm-up area, the MC and fantastic atmosphere created by the Emirati spectators made this a truly unique experience that I've yet to find a rival to. Even the referees seemed to be on another level this year, with literally no cause for contention or speculation arising during the whole event.

"THOUGH $30,000 IS A FANTASTIC PAYDAY FOR THE MAJORITY OF US, IT ALSO ACTS AS A STARK REMINDER OF HOW FAR JIU JITSU HAS TO COME IF THE ATHLETES WILL EVER BE ABLE TO TRULY CALL THEMSELVES 'PROFESSIONAL'"

The standard of the UAE kid's team deserves a special mention, with their youngsters greatly improving from year to year. Though their numbers dwarfed other nations at the Children's Cup, their young fighters brushed aside much of the competition from prominent nations like the USA. For a nation not known for their athletic prowess, the UAE has worked wonders in its efforts to encourage youngsters to enjoy jiu jitsu, get fit and develop through competition. With such heavy investment in the schools' teaching program, and the kids warming to the benefits of BJJ, it looks like the UAE team has a bright future in the realm of competitive jiu jitsu.

The WPJJC is always a very interesting event for a number of reasons, with the six-minute black belt matches always intriguing. Some see six minutes as far too short a time frame for black belts to work their skills, and they could have a point. But I see the six-minute limit imposed by the UAE as an exciting change from the conventional IBJJF offerings, forcing fighters to change their tactics and mentality. Overall, I'd say ten-minutes is more in line with the principles of BJJ, but the WPJJC rules do add a splash of variety and excitement into the mix.

Though the likes of Andre Galvao, Rodolfo Vieira and Braulio Estima were late omissions from the event this year, there was plenty of talent on display. As predicted, the likes of Marcus Almeida, Leandro Lo, Keenan Cornelius and Gabi Garcia gained the biggest response from the local crowds, but no-one could have predicted Abu Dhabi would set the stage for Mackenzie Dern to achieve the impossible.

After many failed attempts over the past year, Mackenzie finally beat the unbeatable Gabi Garcia in the open weight division, sending the crowd into raptures and ultimately leading to her being crowned the champion. You could see just how much this victory meant to Mackenzie, who burst into tears straight off the mat and will be constantly smiling for the next few months.

A big shout out must also go the way of Victor Estima, who provided perhaps the second biggest shock of the tournament in beating Keenan Cornelius in the -85kg division. Victor is – without doubt – one of the best fighters out there right now who is still chasing an elusive gi world title. He works tirelessly as a full-time instructor alongside competing, all the time maintaining a smile and eternal optimism. Surely it's only a matter of time before he gains the reward he deserves?

Despite the ever-improving efforts of Alexander Trans, Marcus Almeida emerged once again as the man to beat, putting on some electrifying performances on his way to double gold. Strangely, seeing "Buchecha" donning his open weight championship belt (for the third year running) while posing for photos with an oversized cheque for $30,000 left me with mixed emotions.Though $30,000 is a fantastic payday for the majority of us, it also acts as a stark reminder of how far jiu jitsu has to come if the athletes will ever be able to truly call themselves "professional". Buchecha is the man to beat: the Michael Jordan of jiu jitsu, yet the only prize money he will take home in an average year is $30,000. And what of the rest of the chasing pack?

Now don't get me wrong, the endeavours going on in the Middle East under the guidance of Sheikh Tahnoon and UAE Jiu Jitsu far surpass anything else within the sport, with literally millions of pounds being invested into BJJ every single year. However, the efforts made by our friends in the Middle East only highlight just how far BJJ needs to grow around the world if our athletes are ever going to make a decent living through competion alone. Let's see what the future holds.

Thanks for picking up our latest issue and keep training!

CALLUM MEDCRAFT

BE FIRST
NO LESS
SHOYOROLL
GIANNI GRIPPO
WORLD CHAMPION

IT'S SCIENCE:

MACKENZIE DERN

BY TYLER BISHOP

MACKENZIE DERN IS ONE OF THE MOST TALENTED FEMALE GRAPPLERS ON THE PLANET, PICKING UP MULTIPLE WORLD TITLES AT THE LOWER BELTS BEFORE RECEIVING HER BLACK BELT FROM HER FATHER (MEGATON DIAS) IN 2013. MACKENZIE'S PROFILE WENT THROUGH THE ROOF AFTER HER OUTSTANDING PERFORMANCES AT THE 2015 ABU DHABI WORLD PROFESSIONAL JIU JITSU CHAMPIONSHIPS, WHERE SHE PICKED UP DOUBLE GOLD AND DETHRONED GABI GARCIA AS THE OPEN WEIGHT CHAMPION.

HER AVERAGE MATCH LENGTH WAS APPROXIMATELY

4 MINUTES 48 SECS

BISHOPBJJ.COM
THE SCIENCE OF JIU JITSU

'It's Science' is brought to you by BishopBjj.com. The goal of BishopBjj.com is to expand and empower the jiu jitsu community by emphasising the science and art of jiu jitsu in fun and exciting ways. We want to highlight what makes jiu jitsu so calculated, but also what makes it so much fun.

38%

OF MACKENZIE'S SUBMISSIONS WERE FOOTLOCKS

MACKENZIE HAD A 14/10 SWEEP/ PASS RATIO

42%

OF MACKENZIE'S SWEEPS WERE FROM SPIDER GUARD

72%

OF MACKENZIE'S MATCHES ENDED IN VICTORY

MACKENZIE SCORED FIRST IN 8 OF THE 11 MATCHES SHE WON

50%

OF MACKENZIE'S PASSES WERE FROM STANDING

NUMBER OF MATCHES OBSERVED	15
TOTAL MINUTES OBSERVED	73
MATCHES WON BY SUBMISSION	08
MATCHES WON BY POINTS	03
OPPONENT WON MATCH	04
TOTAL MATCHES DRAWN	00
TOTAL MATCHES WON	11

ABSTRACT:

All matches observed of Mackenzie Dern used in this small sample occurred at IBJJF events, inside her weight division, and in the years 2013-2015. Only techniques, occurrences, and outcomes that were recorded are displayed in the data below (i.e. if no butterfly sweeps occurred, there will not be a representation of that in the sample data charts). Matches were selected at random based on freely available matches. This is a limited sample but – given the estimated amount of matches in this time period – it is well above the percentage necessary to create a scientifically validated trend sampling.

THE BREAKDOWN

Given some of the recent uproar created by Metamoris front man, Ralek Gracie, I decided it was a perfect time to release our first competitor study of a female athlete. While there is certainly a long list of qualified females to choose from, you would be hard pressed to find a more popular and more aggressive female competitor on the scene today than Mackenzie Dern. Dern has burst quickly into the black belt division after a storied career at the lower belt levels. She has just won double gold at the Abu Dhabi World Pro and has collected several titles at lower belt levels. So what has made Mackenzie so successful?

Mackenzie boasts a very well-rounded game. When you look at her chart you can see quickly that there is a lot of versatility in what she does. She is able to win in multiple ways. However, there are several things she does exceptionally well. Her aggressive style lends itself very well to submissions. Mackenzie has one of our highest submissions rates currently recorded in these studies (above 53%). Her submission of choice in our samples was the foot lock, which accounted for 38% of her total submissions. She collected more leg locks than any other competitor we have studied.

This aggressiveness also led her to scoring first in 72% of her winning matches. This also has exposed her to some risk. Her winning percentage in the study was similarly around 73%. Nevertheless, she makes matches exciting. Her average match length was only 4:48, one of the shortest average match lengths we've ever recorded!

In our study, Mackenzie's game did revolve largely around her guard game, which she would often use to sweep her opponents from spider guard. This spider guard also led to several triangle and armbar submissions. Once on top, Mackenzie used several classic Grace Humaita style techniques to pass, consisting of knee over and knee through styles of passes, although the leg drag was largely incorporated as well. Perhaps this is something she has gleaned from fiancé Augusto Mendes? Either way, her sweep to pass ratio was 14/10 (sweep/pass). This was a very strong balance that led to a wide variety of submissions with footlocks making up the majority.

Ultimately, the talking point that inspired this initial female study has proven to be largely incorrect. In fact, Mackenzie may turn the idea of women's fights not being exciting on its head. She boasts one of the highest submission percentages that we've recorded and has an average match length much lower than we've seen so far. While women remain a minority in the jiu jitsu population, the rise of young, fierce competitors like Mackenzie should continue to inspire more women to get involved and newer jiu jitsu enthusiasts to pay more attention to the exciting action occurring in the women's black belt divisions.

SWEEP (POSITION)

DE LA RIVA	1
SPIDER SWEEPS	6
50/50	2
BUTTERFLY GUARD	1
SIT-UP GUARD	3
HALF-GUARD	1

SWEEP (TYPE)

ANKLE PICK SWEEP	1
TOMANAGI	1
SCISSOR	5
TRIPS/OFF BALANCE	4
SIT-UP AND OVERTAKE OPPONENT	1
HOOK SWEEPS	2

PASS (POSITION)

ON KNEES	3
HALF-GUARD	2
STANDING	5

PASS (TYPE)

LEG DRAG	2
KNEE OVER	2
KNEE THROUGH	3
REVERSE SITTING HALF GUARD PASS	1
KNEE UP, FROM HALF GUARD TO MOUNT	1
KNEE CUT FROM HALF GUARD	1

TAKING THE BACK

FROM PASSING GUARD	1
GUARD	1
TURTLE	1

SUBMISSION (POSITION)

BACK	2
MOUNT	1
SPIDER	2
HALF GUARD TOP	3

SUBMISSION (TYPE)

CHOKE FROM BACK	1
ARMBAR	2
CROSS COLLAR TOP	1
LEG LOCK	3
TRIANGLE	1

SUMMARY

SUCCESSES: FOOTLOCKS, SPIDER GUARD

AVOIDED: BOTTOM HALF GUARD

TOP TECHNIQUE: SPIDER SWEEPS

HISTORY 101: GEORGE GRACIE

In the last few years, a more refined picture of BJJ's history has emerged, thanks to the increasing numbers of resources becoming accessible to those unable to read Portuguese. That new perspective means the role of other figures has become clearer, among them George, second youngest Gracie brother. The 'Red Cat' (Gato Ruivo), a nickname based upon his red hair and aggressive fighting style, was born in 1911. Drawing on these new resources, it can be argued that George was the pre-eminent Gracie fighter of his generation. He was certainly the most active: *Choque Vol 1* lists 65 fights for George between 1930 and 1948, compared to a mere 12 for Helio and only a single match for Carlos.

Around 1930, George and his brother Carlos took over the Academia de Jiu Jitsu. Originally this was run by Donato Pires dos Reis, under whom both brothers had been assistant instructors. Indeed, Roberto Pedreira theorises in *Choque* that it is much more likely Carlos learned what jiu jitsu he knew from Pires, rather than Maeda (unlike Carlos, Pires was certified to teach by Maeda). It would appear that George remained on good terms with his old boss, as he later spent another stint as his assistant instructor, this time in Sao Paulo at the Studio Scientifico de Defesa Pessoal.

By 1932, George had left the Academia Gracie, teaching instead at rua do Cattete 310. The following year, he beat 'the Bull of Copacabana' Tico Soledade in a luta livre contest, a victory Pedreira refers to as the "start of a new era". George was 58kg, compared to the 80kg frame of Soledade, a competitive weight-lifter. Nevertheless, it took the smaller man a mere five minutes to win via choke. In a significant difference to his younger brother Helio, George did not look down upon pro-wrestling: from 1934 onwards, he was happy to take part in 'marmeladas', or fixed fights. As Pedreira explains in the second volume of *Choque:* "George was a realist. In the 1930s and 1940s fake fights were the only way to ensure exciting, entertaining fights, and therefore the only way to make money."

This may partly explain the losses on his record, the first coming on the 6th October 1934 against Polish powerhouse, Zbysco Waldek. In *Choque*, Roberto Pedreira also points towards George's risk-taking style, an exciting contrast to Helio's defensive approach. George's relationship with his brothers Helio and Carlos fluctuated over the years. Carlos and George would fall out at various points in their lives, though George's wife Lina believed that "they used to fight, but they liked each other. George adored Carlos. He'd always find a way to quote him." Reila Gracie, author of the recently translated 2008 biography of her father Carlos, goes on to write that "public arguments had little affect on their personal relationship."

The relationship with Helio was more tumultuous: George was even willing to face Helio in the ring, though unfortunately for posterity it never came to pass. Pedreira conjectures that "George might have resented taking 'orientation' from Carlos, particularly knowing how dictatorial and eccentric Carlos could be. George wanted to live his own life, fight his own fights, and keep his ring earnings in his own pocket." Whatever the true position, George forged his own path both as a teacher and a fighter, By December 1935, he was teaching in Belo Horizonte at the Academia Loanzi. A month later he was employed to teach the Civil Guard, confirming his decision to relocate. He had also bulked up considerably: for his fights in April 1936, he weighed 70kg.

In 1951, George moved with his wife Lina to Recife, where their son George Jr was born. According to Lina, despite several moves to various towns in the interior of Brazil, George struggled to get sufficient student numbers to support himself. Managed by his friend and frequent opponent in the ring, Takeo Iano, George went on to fight Pedro Hemeterio in 1952, a top student of Helio who had since founded his own school in Fortaleza. George tapped out after twenty-six minutes, perhaps unsurprising given he was now 41 and out of shape.

It was time to return to Rio. Drawing on his experience of running a school in other parts of the country, George set up another school, not far from the Academia Gracie. According to Reila, George had developed a "system of group classes [which] allowed him to charge a much lower price than the Gracie Academy, where lessons were individual." Pedreira states that George offered rates of 200 cruzeiros a month. Reila claims that Helio was upset by the new competition and tried to convince George to close down, but to no avail. By April 1955, George was able to open an affiliate in Engenho Nova, at Rua Barao de Bom Retiro.

By the '50s the relationship between the brothers remained strained, as indicated by the fact that Waldemar Santana was training with George's students shortly before the fateful match against Helio. As Reila wrote, "things were different with Helio. He and George had no contact and Helio was profoundly bothered by the fact that George's academy used the Gracie name." Raul Lima, who accompanied George on an extended gambling jaunt that took them from Las Vegas to France, remembered that:

"[George] told me that he'd been the real gladiator, as had Carlson. He'd fought the first fights, and the Gracies owed him a lot and didn't recognize it. He was resentful of it; he complained. He didn't have anything bad to say about Carlos, just Helio."

Like Rolls several decades later, George embraced other combat disciplines. Rather than limiting himself to jiu jitsu, he also trained in the rival luta livre style. It would appear he was a capable teacher, producing not just students but accomplished instructors. At one competition, George's former student Milton Pereira sent his own pupils into battle against the Academia Gracie. With a single exception, they won every fight.

In 1985 George developed a heart problem and then issues with his prostate, dying of a heart attack later that year. The Red Cat's legacy has been passed down through influential students like Octavio de Almeida, an important figure in Sao Paulo's jiu jitsu history. Moises Muradi emerged from Almeida's school to help found Lotus Club, which has spread well outside of Brazil: James '300' Foster in Seattle is one of the many under that banner, keeping the jiu jitsu of George Gracie alive and well into the 21st Century.

TIMELINE

1911
George Gracie is born, the fourth son of Gastao and Cesalina Gracie

1930
On the 5th January, George has his first recorded fight, against the boxer 'Gabriel'

1930
In the 7th September edition of Diario de Noticias, Carlos and George Gracie are listed as assistant professors at the Academia de Jiu Jitsu, under Donato Pires dos Reis

1933
George (58kg) defeats Tico Soledade (80kg) on the 8th July with a rear naked choke, considered the first true vale tudo match

1940
George fights seven times in one year

1952
George, 41 years old, is beaten by the much younger Pedro Hemeterio

1985
George passes away due to a heart attack

SOURCES: PEDREIRA, ROBERTO, *CHOQUE: VOL. 1* (GTR PUBLICATIONS, 2014) • PEDREIRA, ROBERTO, *CHOQUE: VOL. 2* (GTR PUBLICATIONS, 2014) • GRACIE, REILA, *CARLOS GRACIE: THE CREATOR OF A FIGHTING DYNASTY* (CORAL GABELS, FL: RG ART PUBLISHING, 2014) • LAYDNER, LUIZ OTAVIO, *WITH THE BACK ON THE GROUND* (2014) • SLIDEYFOOT.COM • BJJHEROES.COM • FBJJONLINE.COM

YES, MR BOWE!

IRELAND'S MOST BADASS PRIMARY SCHOOL TEACHER

CHRIS BOWE

A man synonymous with Irish jiu jitsu, Chris Bowe is arguably the most successful practitioner to emerge from the Emerald Isle. The 10x British champion delivers class on the topics of Irish jiu jitsu, the perils of turning full-time and being the most badass school teacher in the world.

Chris! Can you introduce yourself to our readers and tell us your back-story?

Of course! I'm a black belt under Braulio Estima and I've been with Braulio since I started. I met him in late 2006 early 2007 and I started training with him whilst I lived in the UK. I moved back to Ireland in 2011 as a purple belt, getting my brown belt later that year and then my black belt at the Worlds in 2013.

The link with Braulio, do you remember first meeting him?

How it happened was I was moving to the UK to finish my studies; I had one year left to do my PGCE and was accepted at Wolverhampton to do it. I was living with my sister in a place called King's Heath and I'd spent a couple of months back home trying to practise little bits of jiu jitsu with friends and using books, so whilst I was in the Midlands I decided to call into Braulio's gym and that's when I met him.

Back then he was in Stevie B's gym in Acocks Green, his original academy. I walked in and he welcomed me with open arms. He was very friendly and has always given me a lot of time, being there for me ever since.

So how did you find jiu jitsu before Braulio; did he give you your first proper lesson?

Back home in Ireland, me and a couple of friends had a bit of an interest in grappling but we really didn't know much. We had some books and some DVDs, in fact I think the first we had was the Marcelo Garcia DVD just after the ADCC which was way too advanced, but heck we tried it anyway because it looked cool. So, really, I only went to a class once I moved to Birmingham and met Braulio, he gave me proper tutelage.

It's quite interesting, John Kavanagh of SBG Ireland has a similar description of what it was like to try and train what, ten years ago, and he found himself trying to figure out jiu jitsu from VHS. Now that's a testament to how far Irish BJJ has come in a short amount of time: you, a 10x British Open champion, 3x European champion and you're only a small country too?

Yeah, it is. Back when I first started, I came home to visit the parents and there was nobody around really doing it in the gi. It was nogi and MMA, which was the main thing. John Kavanagh was one of the only ones at that time, soon after getting his black belt, becoming the only black belt in Ireland back then. Even when I came back in 2011, it was himself and Andy Ryan, the only two in the country.

Now you have around fifteen, it's really taking off, especially in the gi. I don't think that's exclusive to Ireland, but everywhere. The gi has had a huge resurgence in the past couple of years and I think since maybe, 2007, 2008, 2009, the link with MMA had a lot more guys practising nogi – it's easier to practise, you know? With the gi really taking off, it helps with the likes of myself and Darragh O Conaill going out there and competing and we seemed to be here at the right time. We were brown belts at the time and doing well in competition so we're kind of fortunate that we're a small country with a lot of tough guys.

Looking at the purple belts, Ireland has a lot of talent around the lightweight and middleweight divisions but yeah, the growth is huge with a lot of guys, at blue and purple, going full time already; it's mad!

Did you ever expect, walking in to train with Braulio for the first time, that you'd be coming away and opening Gracie Barra Dublin?

Never. To be honest, when I walked in, I never had any intention of teaching. I don't think many people do. My story is a bit different; I did one or two classes with Braulio in the gi, but when I studied I stopped training in the gi and did only nogi. My time schedule meant I could only make it 2-3 times a week to train so I just decided on nogi because I wanted to have a fun work out, not compete. I found I could get more out of it movement-wise and found it more fun to not get locked down by somebody's grip.

I didn't go back to the gi until 2009, when Braulio convinced me to come back in the gi. He handed me my blue belt about a week before the first British Open that he held in 2009. So, he threw me in at blue belt in my first ever gi tournament.

That old likely story, starting with one or two classes a week for fitness, no desire for teaching. Let's talk about where you're at now though. You're a secondary school

teacher; does teaching in a school and teaching in an academy complement each other quite well?

I am, yes, I'm a PE teacher and I teach business studies. In Ireland kids have far less PE time, they get once a week for just over an hour, so it's a very small amount of time and unless you've got mats, there's no jiu jitsu in schools.

We do have what we call transition year, which is a year where kids don't have a normal school timetable so they can commit to projects in and out of the school. They have a lot of PE time with me and I can bring it [jiu jitsu] in and I find they love it. Obviously, Conor McGregor has done wonders for kids wanting to get involved in combat sports so they're delighted to do a bit of jiu jitsu, getting to safely choke and armbar their friends.

These kids are just fifteen years old and they absolutely love it. I just wish that in the future there's hopefully an investment of money in spaces that can be matted out because I think it could be hugely successful.

Well, you never know, if the schools don't do it, the public might. The jiu jitsu community is close-knit and supportive; stranger things have happened. Have you ever found a student to be interested in MMA or jiu jitsu and then getting, 'What? Sir? You're a black belt?!"

[Laughs] The school I teach in is a couple of hundred yards away from SBG with John Kavanagh. There's a guy who's been training with John for as long as I've been teaching him and then when he finished secondary school he got his blue belt, then went on to bronze at the worlds in Juvenile, I think. Even though he isn't my jiu jitsu student it was kind of nice to see one of my students really take an interest in it and he's very good; he's a purple belt now, very tough and one of the bendy, berimbolo kids. But God forbid they should learn some traditional jiu jitsu! [laughs]

No, I have used berimbolo myself in competition a few times, but I've found the bigger guys don't have the athleticism to step around it and make it difficult for you to get underneath them. In my classes, especially my white belts, if I see them go for it I'll tend to stop them and make sure they realise the implications of delving into those sorts of techniques too early. But, as long as they have fun in class…

Talking of teaching then, how's it feel returning to school on a Monday knowing you fought the likes of Bernardo Faria at the weekend. Is there a desire to keep both going or to train full time?

Zero desire to train full time, to be honest. Sometimes, it only becomes an issue when I'm feeling really tired or if there's a competition and I can't get the time off work. I mean, I've never been to the Pan Ams because I've never been able to get the time off. The same goes for events that I've had possible invites to but can't attend because of the academic calendar. Say, for Abu Dhabi this year, I had to use all my personal days because the Easter break takes up a large chunk of April; previous years I've been fine but this year I had to take five personal days so I've none left.

There's another thing that's possibly on the horizon for me but I can't mention it and I don't know if it's going to happen yet, but talks have been held, but I couldn't go if it happens.

There are times I sit and think about going full time – I'm sure it's nice but no, I love my job and I like having something different to do for a large part of the day and ending it with jiu jitsu. People ask me all the time, in Ireland we have different holidays than the UK and our summer holidays run from May until the end of September, which is nice – but too bad most competitions are in the Winter. I do get good holidays and a reasonable wage out of it which is a bit more secure than the jiu jitsu scene.

There is the idea of training full time being the perfect lifestyle, but you can only do that for so long, so is this a salute to the jiu jitsu lovers who don't want it to take over their lives?

I worry nowadays, with a lot of kids going full time. I see that a lot of them aren't going on to University. I just worry about that because jiu jitsu still doesn't pay and it won't pay unless you're a big name. I mean, you can run a successful academy and that won't pay you to get by or to live well and there's so many who are doing this now, but at the end of the day there are only three medals up for grabs in competitions and if you're not one on that podium it's going to be very hard for you to make anything out of jiu jitsu.

I just worry, because even a lot of the top guys on the scene now at least did University and got their education and then did jiu jitsu full time, but my worry now is, there are people throwing themselves into this with nothing to fall back on. You know, God forbid that they hurt themselves and can't be as competitive anymore, because what are they going to do? I know you can go back to a certain point, but six, seven, eight, nine years is a lot to recover.

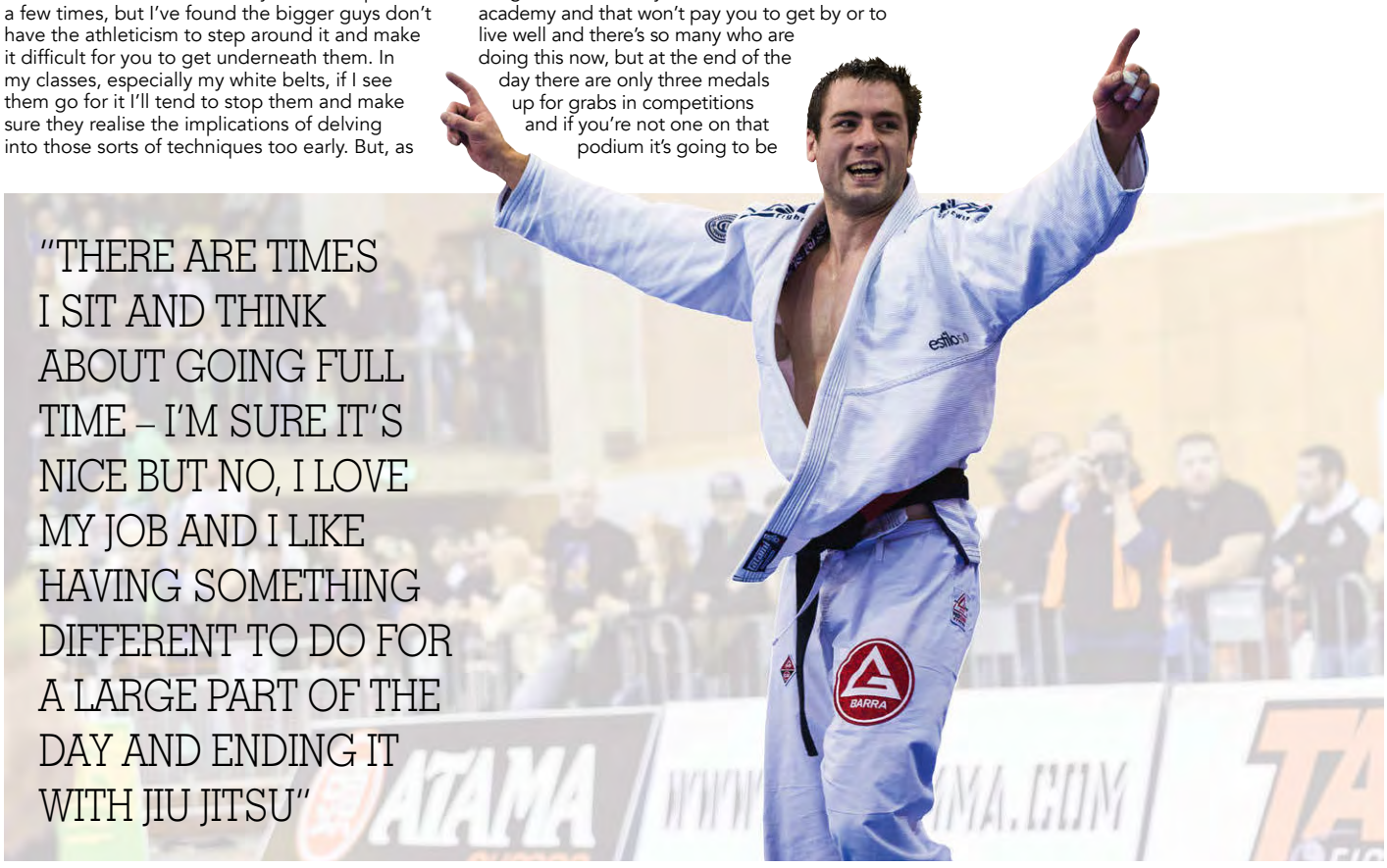
It's that person's choice. If they get years where they've never been happier out of it then it's better to have that than twenty or thirty years of grinding a 9-5 and wishing they did something different.

It doesn't sound like you're trying to actively spread a message, but there is a message out there that it is okay to not want to kill yourself on the mats?

Yeah, I see a lot of guys posting online about it and you can see they're training hard and all that, which I admire. But sometimes I think they're putting too much into it. I mean, I speak for myself because I have limited time and I know that when I try and push it, I don't want to train. I don't do that, I take it really easy and I take nights off if I need to; ask my wife! I almost feel I'm at my best, even if I'm not at peak fitness. If I'm excited to be there and I'm relaxed, rested, it does me way better than trying to kill myself for weeks, pushing to train but not really enjoying it.

I think people think they have to train full time to be successful, but that's not the case. Even if I had the time to train full time I'd still only train once, maybe twice a day. I tried it before in 2009 with Braulio for the ADCC; we'd train three times a day but I'll be honest, I got so bored after two weeks putting myself through that.

For more information on Chris and his Dublin academy vist: www.facebook.com/graciebarradublinchrisbowe


"THERE ARE TIMES I SIT AND THINK ABOUT GOING FULL TIME – I'M SURE IT'S NICE BUT NO, I LOVE MY JOB AND I LIKE HAVING SOMETHING DIFFERENT TO DO FOR A LARGE PART OF THE DAY AND ENDING IT WITH JIU JITSU"
BARRA

JANNI LARSSON

Janni Larsson's achievements in jiu jitsu have served as a source of inspiration for many grapplers across the globe. Her debut year at black belt saw her clinch gold in both the Worlds and the World Pro Jiu-Jitsu Cup in Abu Dhabi, cementing her page entry in the jiu jitsu history books. Having recently announced her retirement following this year's WPJJC, the Swedish Martial Arts Gala's Female Champion of the Year shared her thoughts a week before the announcement that she is stepping back from the competition circuit.

Janni Larsson found martial arts through the school system; was it an exercise program?

I went to school in Sweden but I didn't do Swedish school. I did the International Baccalaureate which had a CAS method of 'Creativity, Activity and Service.' I had to do some kind of athletic stuff on the side so that's why I started.

Out of all the sports you could have done, why martial arts?

I just seem to be terrible at all sports. I've tried football, I've tried handball, if it's a racket sport then you're even further away from the ball which makes it even harder so I was just really bad at everything! I'm not sure, maybe it was some kind of martial arts movie as a kid and I guess I thought it looked kind of cool!

And that's how it all began.

Yeah! I was really bad at everything else!

So you were really bad at sports, found perhaps the most difficult of them all and now you're a black belt world champion?

No! It's like this – Brazilian jiu jitsu has so much you can learn. For example, I have won against lots of people who are much, much better than I am, but I found a game which works for me in competition and I figured a very, very small part of jiu jitsu out.

Is that what keeps you coming back; you'll never figure it all out? New styles to test yourself against, new athletes, new puzzles to solve? Looking back to 2014 now, you kicked off black belt life spectacularly. World Pro and the Worlds, the perfect start apart from the injured elbow?

"I'M JUST JANNI! HONESTLY, I'M AMONGST THE MOST SURPRISED OUT OF EVERYONE WHEN THINGS DO GO WELL. I'M QUITE HARSH ON MYSELF USUALLY"

I didn't really expect the whole jiu jitsu thing being for me when I started. It was a way to relax from school actually so I don't really know how I ended up competing so much and doing well. I was so surprised. Like, seriously, Abu Dhabi – I had no idea I was at that level. Absolutely none.

You've said before that you didn't think you were capable of winning the Worlds until the last ten seconds of the final.

And I still can't really believe it. It was like being in a bubble! I live in such a different world here, I hurry around in the clinic during Med School and you're absolutely bottom of the food chain. Being the med student at the hospital, there is nobody as dumb as you. It makes you forget that you're good at something outside of that.

And how long until you're Doctor Larsson and what field of medicine will you be entering?

I've not that long to go, just over one and a half years. I've been thinking a bit about entering surgery, maybe orthopaedic or maybe urology, but who knows? You kind of have to try the field out before you know it's for you.

Orthopaedics? I suppose you'd have an even greater understanding of how the body works with the dynamics of jiu jitsu and studying the human body too?

It kind of makes it interesting because many of the injuries we get in jiu jitsu make interesting studies on how you fix them. If you go to surgeries where they fix the ACL, it can be super interesting.

So, any chance of combining the two, medicine for jiu jitsu?

Yeah, maybe! I'm not sure they have a speciality where you can focus on injuries from specific athletics so who knows!

You've spoken before about how you felt when Shanti Abelha and Ida Hansson started putting on female classes, and you said at the time that there were perhaps fifteen to twenty women training. Are you seeing more and more women now?

Unfortunately, no. Ida and Shanti stopped being the female trainers for a while and we didn't have any female classes, but about a year ago I started up the classes again. So now we're starting to pick it back up with four or five new girls in our gym. If the training goes away for a period of time then you lose a lot of people so we're trying to catch up to where we were.

Do you find it strange that back then you used to look up to Shanti and Ida as your instructors, but now you have people looking up to you, not just in your own class, but worldwide? How's that feel?

It's super strange! I don't know, I find it really strange when people recognise me. I've been star struck before by some of the black belt girls back when I was a purple belt and a brown belt. Honestly, I was so star struck by Michelle Nicolini, you would not believe.

But, it's kind of weird being on the other end. You know, I don't feel like it's that much of a thing. I mean, if I was living more the jiu jitsu lifestyle and

it was the only thing I was doing I think I would grasp it to a higher degree. But since jiu jitsu is something I do on the side, it's really strange to me for people to know who I am.

So, you don't feel like an inspiration?

No! Not really. I mean when I teach, I do what I can to help and stuff but you know, I'm just…

You're just … Janni?

Yes! Seriously, I'm just me. I'm not handling, for example, interviews and stuff; I don't handle them very well because it's a strange situation for me! I've been interviewed and stuff before but what I've said was misinterpreted. I was asked, 'How do you beat Gabi?' and I was like, 'Oh, I don't know! I only managed three minutes against her then I got submitted,' but then I was like, 'But these girls are doing really well, I'm really impressed by them,' and then the title came out as, 'Janni Larsson on how to beat Gabi Garcia!' and I was like, "No! I'm not like that, that's not what I said!'

Just so everyone knows, I had no plans on being the one to beat Gabi!

If it happens, it happens, if it doesn't, it doesn't, is that it?

"[Laughs] I'm pretty sure it's never going to happen!

But how do you feel when people do say things like that?

I'm just Janni! Honestly, I'm amongst the most surprised out of everyone when things do go well. I'm quite harsh on myself usually. You know, when I succeed, maybe I should make a bigger thing out of it and gain more confidence.

Well, surely it stands as a statement. You've got this not expecting anything, do you not think that says to people that perhaps anyone is more capable then they believe?

It's kind of, in MMA, people tend to do the whole trash talking, being mean and trying to do all this before they fight but I don't really get that. It just feels so mean and it all depends so much on the day anyway, who wins and who loses. Sometimes it's by chance that you do well against someone who is better than you and you have no idea who will beat you, so the way I see it is you might as well be nice about it.

That's one thing common about jiu jitsu competitions, you see people competing against each other and then having a chat afterwards.

It's something I really, really like about jiu jitsu. Through competing I have met so many nice girls, like I've talked to them before fights and after, but when I see them now, years after, they're my friends. We have a laugh and a joke and I really like it.

So that's why you disagreed with the idea of a rivalry between you and Gabi, that's not what jiu jitsu is about for you?

No, no! I don't know, the matches in jiu jitsu are one thing, but I want people to be my friend before and after the matches have taken place. There is no point in being mean to each other!

In the last issue of Jiu Jitsu Style, Eirin Cathrine Nygren told us that she believes there is a fantastic training culture in Scandinavia. How do you see jiu jitsu there at the minute?

Man, that's a hard question! I have been training at many academies across Scandinavia and there are many academies that are open to visitors. I'm from Checkmat, so we do have some doors closed to us, but we also have others opened. But I have found in Scandinavia, if you're a girl who trains, and there aren't many of us, then you can travel around and I've always got on really well when visiting other academies.

I've been up and trained with Eirin in Norway at her academy, Frontline, and it was great. She's awesome at what she does. The thing is she's tiny and she's winning the opens!

In recent years we've seen a huge influx of talent coming from Scandinavia, what's that down to?

Talking from experience I can tell you that the way people train from my gym, Arte Suave, I know it has a lot to do with the type of training we have and the training we have is very structured, which has made it very easy to become good very quickly. Even though I'm not the most structured person, but just by showing up to training I'm kind of getting good enough jiu jitsu taught well enough to do good internationally, which shows [there's] a lot of good training here.

I would say it's to do with the academies and trainers that we have here. Who knows, maybe it's something to the culture.

Scandinavia does seem a happy place. You're so happy yourself! What's the secret?

I don't know, I live in Denmark now and it's supposed to be the happiest country in the world according to statistics. It's a difficult question, can't I have some yes and no answers? [laughs]

Let's do it! Janni, do you like jiu jitsu?

Yes!

Do you want to stop jiu jitsu?

Sometimes when it's really hard!

Those long weeks?

Sometimes. It's one of those love-hate relationships. Sometimes I get too much of it, I have to tell myself, 'No, I will not do jiu jitsu for days now' … but then you start missing it. I don't know, it's a hard relationship. Especially those weeks in training when it's not going as well as you want, then it's really hard!

Well, what's the plan now, what does the rest of 2015 hold for Janni Larsson?

Well, that's actually a really hard question as well. No, seriously, I have been so stressed lately and I really am terrible with stress. I am being way too honest!

But no, the thing is, I'm going to see how it goes in Abu Dhabi and I have so much to do in school right now that I'm finding it difficult to make the best training. I'm out in the hospital a fair bit from Copenhagen so I have to travel back and forth every day, which means training has been really hard this semester; like, getting enough hours of training.

So basically, I'm going to use Abu Dhabi to check where my level is and then I will make plans after that. It's no fun going to competitions knowing that you haven't prepared enough. For example, if I'm going to a competition and I'm gone from the hospital for a week, then I have to work nights and weekends to catch up on those hours, which gives me even less time to train. It's like an evil cycle!

It sounds like it's difficult to maintain that balance?

Yeah, it's been really hard this semester so far, time wise. I've been out in the hospital doing full time work as a med student and I've been in Copenhagen before, which is okay, you can still make training. But when you're outside of Copenhagen it's really, really hard.

So it's a 'who knows?'

Yeah, it is, because at the moment I'm getting by, day-by-day.

Are you perhaps looking at dedicating time to yourself?

I don't know what happens after this semester. Next semester gives more room so I can dedicate more to training. I look at what I've done since competing internationally. I've been to the Worlds every year and I've only been doing that for three years at purple, brown then black and Ida Hansson, she's been doing medicinal studies in Copenhagen and she's like, taken several Worlds off. I know it's a possibility but it kind of feels, you know ..

If you don't mind being asked, have you already achieved your goals in jiu jitsu?

I basically achieved my goals in jiu jitsu when I started competing for the national team that we have in Sweden. They don't give you a lot, they give you your ticket to the USA. My goal when I started was being on that team, so I kind of achieved that goal three years ago.

It's like, everything since then has been… I was never planning on it going this well and it kind of just happened.

Does that mean there is less pressure, or more?

At the moment I feel like there is more pressure on me than there has been before because I did so well last year. When it was my first year at purple I was the underdog; it was a new belt so it doesn't really matter if you lose, because if you won last year at purple it doesn't matter because now you're a brown.

Like being the smallest fish in the pond?

Yeah and now it's not like that anymore, which gives a little bit more pressure.

HE STANDS CALM AND FOCUSSED – READY TO TAKE CARE OF BUSINESS. DESPITE THE IMMINENT BATTLE, HIS FACE IS A PICTURE OF SERENITY: HE DOESN'T SMILE AND HE DOESN'T FROWN, HE'S JUST READY. WHAT FOLLOWS IS AS PREDICTABLE AS IF IT WERE SCRIPTED; WITH SO MANY PRESTIGIOUS ADVERSARIES TRYING (IN VAIN) TO DETHRONE JIU JITSU'S MOST DECORATED GRAPPLER IN HISTORY - HIS TRADE IS SUBMISSION. HE DOMINATED FOR OVER A DECADE AND AT TIMES MADE IT LOOK EASY. SIMPLY PUT, ROGER GRACIE IS AN ENIGMA WITHIN OUR SPORT; A CHAMPION YET TO BE TOPPLED AND AS CLOSE TO PERFECTION AS ANYONE HAS EVER SEEN.

Despite a five-year omission from the World Championships and perhaps entering the twilight years of his career, Roger Gracie is one of the most talked about jiu jitsu fighters ever. His style is effective, yet brilliantly simple. We are now in a generation known for berimbolos, inverted guards and victories via advantage, but Gracie defined his legacy with the closed guard, takedowns, the mount and submissions. His opponents knew what was coming, but they just couldn't stop it.

Deconstructing such a uniquely dominant fighter's style is a tough task, but many quote Roger's ability to exert pressure as one of his exceptional qualities. Once he passes your guard it's generally the end of the fight, and if he reaches mount? Well, we're sure you've seen the highlights. When was the last time you witnessed an elite black belt match end via collar choke from mount? Gracie did it time and time again against the best of his generation. After feeling the force of Roger's pressure, the

DEFINING EXCELLENCE

WORDS: CALLUM MEDCRAFT PICTURES: PAUL CORKERY

ROGER GRACIE

"I ALWAYS WANTED TO BE THE BEST FIGHTER I COULD BE AND TO PLACE NO LIMIT ON WHAT I COULD ACHIEVE, SO I THINK THAT HELPED ME TO GO AS FAR AS I DID"

"IF I HAD LEFT JIU JITSU EARLY TO FOLLOW MMA, I WOULDN'T HAVE ACHIEVED WHAT I HAVE IN JIU JITSU, SO NO REGRETS"

legendary Fernando Terere once said: "all I could move were my eyes," a recurring theme for Gracie's opponents. A string of similar events led to Roger earning his nickname "the blanket", homage to his ability to totally smother his rivals.

Ten IBJJF black belt world titles and multiple ADCC victories (including the famed run of 2005, where Gracie submitted all of his opponents on the way to gold) is an almost inconceivable achievement that may never be bettered. So, the question beckons – is Roger Gracie the best jiu jitsu fighter in history?

"I mean, in one way of course it makes me feel happy. After so many years training and dedication it's always nice to receive recognition," says Gracie on being described the best ever. "But, I don't consider myself the best ever. It's very hard to compare fighters of different generations. If two fighters face each other then the best will come out, but to compare two guys across different generations is impossible.

"The one thing that I think I have achieved and I recognise is titles. I think I've competed more than some people in the past, but then if you look back, jiu jitsu was smaller then as well. There were not as many tournaments or as many practitioners. People looked to be the best they could be compared with what was around them. So maybe I can say I have more medals than guys now, but that doesn't mean that I am better than them, it's just different circumstances."

Brazilian jiu jitsu is a fast moving sport, with the techniques, rules and fighting styles constantly evolving. It's easy to forget that "sport jiu jitsu" or "self defence jiu jitsu" are relatively new concepts, and it wasn't too long ago that jiu jitsu as a whole could be defined much more simply. Nowadays we see a crop of competitors who have created a style whose sole purpose is to help them win medals, but not necessarily "win" fights. Though Roger's array of techniques may have changed, like anyone else's over the years, the concept behind his jiu jitsu remains the same: hunt for submissions and look to truly "beat" an opponent.

"For me to achieve the level of jiu jitsu I did is a hard thing to do - it takes years of training," explains Gracie. "I think with some of the newcomers and people that have just got their black belts, they are looking for something specific to make them win. They are trying to look for one technique - the berimbolo, the 50/50 – so that if they get so good at it they can lock the other fighters there and make it hard for them to get out. Which it is – it's not easy to get out of the 50/50 for example when someone who is good at it puts you there.

"So with guys locking up and working a back and forth sort of sweeping battle from a position like 50/50, they have a much better chance of winning than opening up and letting things flow. I think this comes from desperation to win fights above everything else. Like anything else though I believe that people who approach jiu jitsu like this will only get so far. For me, if you beat someone by rocking forwards at the end of a fight to get two points, you're not winning a fight; you've played a game.

"For me the game has to flow. If I'm on my back doing technique and it's not working, then I change to something else because I don't want to get stuck in one position."

The idea of "letting your game flow" is a daunting approach for some, as the prospect of opening up and taking risks could be detrimental to a primary goal of hunting for medals. Perhaps Gracie's willingness to let a fight flow springs from his expertise as an escape artist; alleviating a fear of being put in difficult positions. As dominant as Roger was, there are still countless occasions he had to work out of challenging positions and put years of defensive training into practice.

"It is impossible for a fight to always go your way, your perfect way, so you have to be able to escape from all situations," states Gracie. "There will be times when you make a mistake, or the other guy sweeps you doing something really good – these things happen. But it's a fight, and it's not a two-minute fight, so get used to these situations. A lot can happen in a ten-minute black belt match and it's not a matter of who scores first.

"I guess having a good defence has been very important for me, because I've been in bad situations many times in many fights. I grew up training at Gracie Barra in Rio and there were so many good fighters. As a 15 year old I was out of shape and started training every day, but everyone was beating me up. People may not realise that it was a long, long process for me to start getting good. I was very dedicated and was training every day, but there were like 100 guys who were tapping me all the time. There was no easy ride that's for sure."

With his family and the whole Gracie Barra team behind him, Roger started to forge his legacy from an early age. Though he'll be remembered for his endeavours at faixa preta, his dominance

started much earlier. Roger topped the podium at the Mundials, Pan Ams and Brazilian Nationals as a blue, purple and brown belt – quite an achievement in its own right.

"It's funny actually, because the first year as a blue belt when I was competing even my family didn't believe I would get as far as I did," says Gracie. "My main teacher Carlos (Gracie Jr.) even says he can't believe how much I've achieved because he could never imagine when I was 15 that I would become the Roger I am today. Probably if I was 15 and saw myself now I wouldn't believe it either, because I wasn't in great shape, still a bit chubby and would go to the academy and get beaten up. I was losing pretty much every sparring round, but by tapping so much eventually it gets harder for you to be tapped."

Exceptional skills as a fighter aside, Gracie's early competitive successes started to showcase other important virtues, most notably a grasp of the mental game. An early adoption of a winning mentality, the ability to focus and remain calm, have no doubt been vital for Roger's unrivalled success.

"I believe I was very lucky to have that mental concentration with me from an early age and it came to me naturally," explains Roger. "I've never really done anything specifically to help with focus. Of course I wasn't like that when I first started, but I quickly realised that the more focussed and concentrated I could be before a fight the better I would perform. Slowly I would start to go through my routine and switch off from everything else around me and just focus on the tournament or the fight.

"I was also never scared. I mean, I guess it depends on what you call being scared. I hate to lose and there's always a possibility of losing. I probably hate losing more than I like winning actually, so for me losing is a big problem. I believe my will to win is not as big as my hate for losing. Winning is of course a good thing, but it is the losing that affects me a lot more."

Like any true champion, Gracie has tasted defeat, but came back stronger. Going into the 2006 Mundials he'd already racked-up two world championships as a black belt in his weight class, but the openweight title was now in the crosshair. As fate would have it, Xande Ribeiro came away the winner, beating Roger in a closely fought final. This was the last world championship to be held in Brazil, and Roger had missed his chance of walking away as the absolute champion. Testament to his character and belief, Gracie came back the following year and earned his absolute title at the first Mundials to be held in America.

So, what more could be said of this remarkable fighter and his career in jiu jitsu? Well, how about the fact he's never been submitted as a black belt, at any competition. Amazingly, you have to go way back to 1999 during his blue belt days to document the last time Roger tapped at a competition (via a straight footlock). This ridiculous fact further highlights one of Gracie's most desirable qualities – his true mastery of escapes.

"The thing is that even when I was improving as a blue or purple belt, there were still world champion black belts at the academy beating me up," says Roger of developing his defensive jiu jitsu. "My defence became really good because of this. No one likes being tapped out, so I would learn a lot sparring and trying to survive with the higher grades. Walk into an academy and you will see people who don't want to train with the good guys, but how else are you supposed to learn how to escape tough positions if you're not putting yourself there? Sparring with better guys will mean you tap, but it will mean you will also improve. You should be tapping until you master an escape and I never had the ego of thinking I cannot tap. I mean, I'd be p****d off if I tapped, but I wasn't scared of putting myself in those sorts of situations."

Though no black belt has ever forced Gracie into submission, he's been involved in some of the most epic battles of the 00s. Foes include the likes of Xande Ribeiro, Fernando Terere, Marcelo Garcia, Romulo Barral and Robert Drysdale. And, let's not forget Ronaldo "Jacare' Souza. Though Jacare sadly left competitive jiu jitsu early in his career, he faced Gracie on numerous occasions, including his famed victory in the 2004

"IF I NOW DECIDE TO FIGHT THE WORLDS, I HAVE TO FEEL THE MOTIVATION TO TRAIN REALLY HARD TO BECOME AS SHARP AS I USED TO BE AND THEN I WILL BE ABLE TO GO"

Mundial openweight final (despite suffering a dislocated elbow during the fight via an armlock).

"If I could only chose one person out of everyone, I'd choose Jacare, because I fought him maybe five times and every fight was very hard," says Gracie on his toughest ever opponent. "I never had an easy fight with Jacare. I had plenty of very tough fights with other guys as well, but then maybe I'd have another match with them where things went my way a little easier. This never happened with Jacare. Xande (Ribeiro) for example - I had a lot of really hard fights with Xande, but then some that were not quite as hard."

For a man who's won everything during his career, you can't help but wonder what has served as motivation. Jiu jitsu is such a beautifully unique and individual journey; some aspire to win world titles, while others to one day reach the rank of black belt. For Gracie, his mission was simple.

"I always just wanted to be the best fighter in the world," beams Gracie. "Even as a very raw yellow belt it was something that I wanted to achieve and that became my focus when I started to train every day. You know, my goal was never to become a black belt, because in a way I felt like that was an easy achievement. In a way, anyone can be a black belt and many people will win world titles, so for me to focus on those things didn't seem right for my lifetime goal. I always wanted to be the best fighter I could be and to place no limit on what I could achieve, so I think that helped me to go as far as I did."

With such unparalleled success as a grappler, and the weight of the Gracie name on his shoulders, it was inevitable Roger would one day try his hand at professional mixed martial arts. Though debuting way back in 2006, and with a record of 7-2, Gracie's career so far sparks mixed feelings amongst the jiu jitsu community. Unlike his early adversary, Jacare, Roger only fully committed to his path in MMA late in his career, initially attempting to juggle life as a fighter on the mat and in the cage in tandem. With his lanky frame and long reach, it's easy to see the raw potential Roger was blessed with and how it could transfer well for the striking arts. However, like any master of a singular discipline, the shift towards MMA has been a steep learning curve.

"It was very challenging that's for sure, but that's been a challenge that motivates me a lot," says Gracie on developing as a mixed martial artist. "That is what has really motivated me in MMA, the challenge of become better and developing skills in new areas as a fighter. There's not the same challenge for me in jiu jitsu now. I don't have the same motivation to, say, improve my guard or whatever. In jiu jitsu I have my tools, if I compete I just need to get sharp, get fit and find my timing. It's not that I'm the best, it's just that there's not that much room for improvement. If I look at jiu jitsu, I can't find the same motivation in terms of achieving something. I can try to develop as a fighter, but it won't be big changes because my jiu jitsu is not going to improve that much now. MMA is a new world and I have a lot to learn. I train a lot of wrestling and kick boxing – but it's not easy (laughs). I'm starting to feel better and better. In one way I'm worried that I will start to feel too comfortable standing up and will stop trying to take people down."

Coming off the back of his first KO win against James McSweeney in his ONE FC debut, there's no denying Gracie's skills as a striker have greatly improved. McSweeney, himself a Muay Thai expert, struggled to cope with Roger's lengthy jab and solid kicks, which eventually led to the fight stoppage. With signs of real progress coming in perhaps the twilight years of his career, you can't help but wonder how Gracie would have fared if he'd transitioned to MMA sooner.

"If I had left jiu jitsu to follow MMA, I wouldn't have achieved what I have in jiu jitsu, so no regrets," explains Roger. "I probably should have started to learn stand up sooner, and maybe when I decided to do MMA I should have focussed fully on training for that. There were a few years where I was trying to do both jiu jitsu and MMA and that got in the way of me improving my MMA for sure.

"It's no secret that my jiu jitsu is very good, but my stand up level is not there yet. Of course I could just try to use jiu jitsu in my fights but the rules make it very hard for a pure jiu jitsu fighter. In fact I have a lot of my family members telling me that they really don't want me to fight MMA any more, simply because the rules really don't favour grapplers at all. If I lose people will say, 'jiu jitsu is no longer any use in MMA', but you really have to look at the rules. It's all centred around making an entertaining event. I feel like I've achieved a good level now with my stand up, so I can adapt to the MMA rules and that's why I'm still competing."

It takes courage to compete in any arena, but the prospect of being rendered unconscious via a KO is surely a more daunting prospect than being choked. Though their roots are closely entwined, MMA is a completely different environment to Brazilian jiu jitsu. However, for Gracie, it is the competition tatami that get his emotions flowing.

"I have a different feeling when fighting jiu jitsu, I feel happier when I win and I feel more nervous," says Roger. "I think with MMA – and as I've got older – I try not to care about the outcome of a fight. I just get there and try to fight to the best of my ability without worrying about if I win or not. I cannot be worried about the result because it drains my energy.

"In jiu jitsu, if you reach a final it's a different feeling than an MMA fight because you go through so many fights beforehand and your body is more tired. You reach a final and you are already

"THERE ARE PEOPLE WHO WILL SAY I'VE DONE GREAT, THERE'S SOME WHO WILL SAY I HAVEN'T – THAT'S JUST LIFE"

DEFINING EXCELLENCE

tired, then probably facing the toughest guy there next, so reaching a final in jiu jitsu and then winning is more rewarding than an MMA fight for me."

Though Roger has never been submitted, he has experienced the feeling of a KO loss. Coming off the back of winning his first two Strikeforce fights via rear naked choke, and still undefeated, he then faced "King Mo" Lawal in 2011. Known for his heavy hands and KO power, Lawal was undoubtedly a step up in quality from any previous opponent and Gracie felt the full force of Lawal's right hand at the end of the first round.

"I don't remember – or I've chosen not to remember (laughs)," explains Gracie on the feeling of being KO'd. "It's a difficult experience to explain, because I only remember the first two minutes of the fight and then me sitting in the changing room afterwards. I can't remember walking out of the ring or anything, so it was a strange experience. Of course I know I lost, but it's not a memory I carry with me as a sh***y experience that I think about a lot."

Five years later Gracie is a totally different mixed martial artist and odds on favourite to fight for the ONE FC light heavyweight title this year. What Gracie will go on to achieve inside the cage is unclear, but his potential for success in MMA had he transitioned when younger, is undeniable.

September 2014 marked the last occasion Gracie was seen in a competition jiu jitsu environment, taking on Marcus "Buchecha" Almeida at the inaugural Metamoris Pro event. His inclusion at Metamoris was his first appearance in BJJ for many years, and one that roused the online community into rapture. At the age of 33, and with no sign of deviating from his path in MMA, the jury is out on whether we will ever see him return to competitive BJJ.

"I've been fighting for so long now, even as a kid, and it's always been a part of my life," says Gracie on the prospect of retiring from jiu jitsu. "I believe people fight masters divisions once the adult becomes too hard for them, so they want to fight their age group – I understand this. For me, when I retire from adult divisions I believe competing will be something I don't need in my life anymore. I have other goals I want to achieve and to fight is not a small thing, it takes a lot of my time to train and prepare. I have so many other things I've wanted to do, or could do better, but fighting means I haven't had the chance. I am looking forward to retiring one day. I have projects in my head and I will enjoy extra time with my family."

If retirement does come sooner rather than later, Gracie will hang up his gi as the most decorated jiu jitsu fighter in history, having never been submitted as a black belt, and as an inductee to the IBJJF Hall of Fame. However, all that could mean nothing to a man who seeks perfection, for a man looking to define excellence. If things were to end today, would Gracie be content?

"If I couldn't compete again, I would feel very happy with my career," explains Roger. "I think now for me the motivation changes, because the gains are only very small in terms of adding more medals. For example, if I now decide to fight the World Championships, I have to feel the motivation to train really hard to become as sharp as I used to be and then I will be able to go. I'm not sitting here saying, 'ok, I don't want to fight again because I've won everything'. I've been away from the Worlds for five years now, so to go back would be a bigger challenge than anything I've done before. When I was fighting year after year there was never any doubt that I would be ready when the tournament came around, so it's a bigger challenge for me if I decide to go back again."

Whether or not we see him return to the Mundials, or any other jiu jitsu competition, Gracie is left with nothing to prove. His legacy is built on talent and results, not charisma. He's known for tapping people out, not winning on points. Whatever opinion people have of him, he'll be remembered as a winner.

"It's a difficult question, but I guess I really don't care," states Roger on how he'd like to be remembered. "As long as I'm happy with what I've done, I truly don't care about anyone else. There are people who will say I've done great, there's some who will say I haven't – that's just life."

BRUNO MALFACINE: MAGNIFICENT

"IN ALL THESE YEARS CAIO TERRA AND I HAVE CREATED A HIGHER LEVEL OF VALUE FOR OUR WEIGHT DIVISION"

One common trait shared by many champions is unwavering self-belief; the ability to trust in their skills to overcome whatever adversity they face and rise above those challenges with an arm raised in victory. Bruno Malfacine has been one of the most dominant Brazilian jiu jitsu competitors of all time. He has been laying waste to the Galo (Rooster Weight) division for more than a decade, becoming world champion first as a purple belt, then as a brown belt and six times, so far, as a black belt.

The Tiny Juggernaut has been overcoming adversity most of his life to pursue his passion for the art of Brazilian jiu jitsu. Malfacine has spent his career as an athlete persevering through hard work, and an unshakeable belief in his potential to not only be a world champion, but one of the very best to ever step on the mats. To do so, he has been silencing doubts about what he can accomplish in Brazilian jiu jitsu since he began training. First his own, then those from his family, and finally anyone else's who would dare place a ceiling on his potential. This is his story.

THE LITTLE BOY FROM DUQUE DE CAIXAS

Bruno Malfacine is a man of humble beginnings. The 28-year-old was born in Rio De Janeiro, Brazil, and was raised in a single parent home after his father abandoned their family when Bruno was six years old. "I never had a father figure growing up, but thank God I had a mother who gave her best every day to fill the shoes of both parents. Living with me was my brother, sister, grandmother, and mother. My mom constantly worked overtime to support our family and household. During [this] time my mother was working, and my grandma cared for [us]. I'm very grateful for my grandmother and her help to form me into the man of great character that I am today," said Malfacine.

As an adult Bruno weighs 129lbs (9.21 stones) so, he was not necessarily the biggest kid running the roost when he was growing up in the suburb of Duque de Caixas. Being a small child in a modest neighborhood made Bruno a target for teasing and fighting. One day after a particularly nasty street fight, it was decided that he would learn self-defence with his cousin and uncle. He noted, "I began training with my first instructor Carlos Santana, after a bad experience in a street fight, when I was twelve years old. Truth is I have always been a fan of martial arts but never had the chance to train due to my financial conditions. My uncle [Genilson Cirilo] was kind enough to support me for a long time in this sport up until I was able to support myself."

Bruno's story is like that of so many others who find confidence through the gentle art. It was on the mats that he found the ability to be himself and where he was happiest. At first, however, the small child was timid and apprehensive, and relied on the familiarity of his relatives training with him, to warm up to the jiu jitsu lifestyle. "Believe it or not I was a very shy child. What made me comfortable was that my uncle was already training and my cousin came with me to train. Even though I was [so] young, I was falling in love with the sport. I remember watching the guys at the academy training for the State Tournament. It was my first training ever but a movie was already playing in my head, I was imagining myself competing with the guys. I didn't even have any experience but I knew competing was for me," said Malfacine.

His mother wished that he would show the same enthusiasm for algebra and science as he had for learning kimuras and back takes. Bruno recalls his mother scolding him, "You should be studying to have a better future instead of spending your time training!"

Ever the realist, Bruno's mother knew how hard it was for athletes to overcome poverty in Brazil. He elaborated, "The truth is when I started to train my mom didn't take me seriously. She [believed] athletes have a complicated time [being] successful in Brazil. I think most, if not all, young athletes have [experienced this] issue. It's necessary to understand and learn how to deal with these situations because most of the time parents are worried about their children's future."

Bruno was hooked on jiu jitsu though, and thrived under the guidance of Santana. The introverted twelve-year-old soon came to cherish the camaraderie commonly found amongst those who train in a BJJ academy. "The group welcomed me and they had a cool vibe, which is what made me even more interested in the sport. Besides the instructor and curriculum, it is also about the academy's atmosphere, and the group of people who surround you. That's what happened with me, so I always trained consistently." Although he understood his mother's position Bruno had found his calling and decided that jiu jitsu was going to be his job. He noted, "You need to persist towards your dream and believe that your day will come. Of course, I had my doubts and uncertainties but deep down I knew everything would work out in time."

FROM BAD BOY TO BLACK BELT

Training along side his uncle, Bruno flourished as one of the few kids enrolled at Santana's academy. He quickly began to defy people's expectations of what he could do or be. The scrawny 12-year-old gained his Bad Boy nickname due to a rapidly emerging streak of dominance on the mats. He recalled, "When I began training, jiu jitsu for kids wasn't popular as it is today. I had no choice but to train in the adult class with a small group of kids my age. After receiving my yellow belt I started to compete and then I was giving a hard time to the other kids in my academy. I was giving great performances and winning [many] tournaments mostly by submissions, which led them to calling me 'Bad Boy.' A lot of people had heard about me, they never had the chance to see me in person, they just knew my nickname, but once they met me they were surprised because they were expecting a huge, mean guy."

Bruno's jiu jitsu career nearly ended before it began when his original instructor Carlos Santana moved away from his neighbourhood in Rio. Malfacine felt like he had lost part of his family and was so dejected he had briefly quit jiu jitsu, spending roughly six months without training. Bruno's passion to train wasn't rekindled until a former teammate's father introduced him to Vinicius Amaral's GFTeam.

The 15-year-old orange belt had found a new home, despite it being far removed from Duque de Caixas. "Every week I would go to visit Gama Filho for training three times a week. I would take a train overloaded with tons of people; it was one and a half hours to go there and also to come back, three days a week. It was the price I had to pay to reach the goals I had set for myself. It was not easy but if I had to I would do it all over again. Once you do something that you love even [this type of] sacrifice becomes [manageable]," said Malfacine.

Passion rekindled, Malfacine would remain with GFTeam

"WHEN I WAS AT GFTEAM MOST OF THE PEOPLE THERE WORKED AND TRAINED JIU JITSU. SINCE I LEFT, MANY THINGS HAVE CHANGED AND THE TEAM GREW A LOT"

and eventually received his black belt from Vinicius Amaral. When discussing Amaral's effect on his career Bruno noted, "I received my black belt from Vinicius Amaral at nineteen years old. He promoted me at each belt since blue belt. Besides many titles that I have won, I was world champion as purple belt, brown belt, and black belt in my second year competing as a black belt. We had a long journey; we learned a lot [from] each other. He made me a world champion many times. He helped me build my character. Even from far away he is always present in my career and I'm grateful for everything."

THE ALLIANCE EFFECT

Bruno had reached the pinnacle of success with GFTeam, but had also met a ceiling as far as quality of training partners went. Following a loss at the 2008 Worlds he decided to switch teams, with his coach's blessing, after spending a week training with the likes of Michael Langhi, and the General himself, Fabio Gurgel, at Alliance's Sao Paolo headquarters. Although he still has a close personal relationship with Vinicius Amaral, the respect and devotion Malfacine shows for Gurgel is palpable. "I have so much respect and love for him, he has all my admiration. Alliance changed my jiu jitsu and my life [a lot], and Fabio is who is most responsible for everything. I have him as an idol and I will be forever grateful."

According to Bruno, the decision to switch to Alliance was a hard, but necessary choice he had to make. "I was already a huge fan of Fabio Gurgel as well as many of the black belts from Alliance. It was a dream to step on the mat with all these stars. After a week in Sao Paulo I returned to Rio and had a discussion with my instructor Vinicius. Once my training and opportunities for me became limited, [we] came to the conclusion that moving to Sao Paulo would be the best thing for my career. To hear from him that I should make the move made me even more confident in my decision. From that moment I knew nothing in our relationship would change because I could see he wanted the best for me, wanted to continue to see me grow and pursue my dream. It was not an easy decision and my current instructor Fabio Gurgel told me this in the first conversation we ever had. He said it would be a complicated decision that could ruin a lot of relationships. I had to be really confident in my decision to make sure this was really what I wanted to do and the move I wanted to make. I was sure of what I wanted and thank God everything worked out. It was the best decision of my life."

Since making the switch, Bruno has been one of the most dominant competitors the IBJJF has ever seen. When discussing how coming to Gurgel's team impacted his career he explained, "Training at Gama Filho (GFTeam) was excellent but something special caught my attention, which was the professionalism of the Alliance athletes.

"Most of the guys who were living in Sao Paulo came from other states like myself. It makes things easier when you are surrounded by people who have the same goals I have. When I was at GFTeam most of the people there worked and trained jiu jitsu. Since I left, many things have changed and the team grew a lot. I still have friends there and the team has all my respect. [After coming to Alliance] my personal and professional life changed completely. I evolved so much as an athlete and person. I learned, and today I am still learning a lot from my professor Fabio Gurgel. Besides helping me on the mat he has given me all the directions to follow the right path. I always say that I have my Alliance family because when I moved to Sao Paulo I spent more time with them than my real family. We had an amazing time with the best training in the world. I miss these days."

BRUNO AND CAIO: RAISING THE BAR

Elite athletes don't succumb to the threat of a competitor's talent; they rise above it and elevate their performances to new heights. Cristiano Ronaldo and Lionel Messi, Muhammad Ali and Joe Frazier, and Magic Johnson and Larry Bird all had intense rivalries that brought out the best in them. Caio Terra is the Ronaldo to Bruno Malfacine's Messi. Like their football/soccer counterparts, both men's names will be forever intertwined when discussing who the great rooster weights are.

Bruno Malfacine is an alpha athlete who doesn't lose often and strongly dislikes the taste of defeat. He doesn't like to lose by points and he dislikes

losing by submission even more. The fact that he's only been tapped twice in competition should serve as a testament to his disdain for being submitted. Bruno recalls, "As winning is the best sensation, losing is the worst feeling. Because I am so competitive it's really hard for me to digest. It takes time to get over it, but I know it's part of the job and it makes me a better competitor. I have been submitted twice before. My first time was at the World Cup in Brazil, it was my first competition as a black belt [against] Samuel Braga in 2006. I was put to sleep by a choke. It's funny because today we are great friends. I always joke with him that one day I am going to give him payback. The second time was at Worlds 2008 against Caio Terra. I would only feel special if I have never tapped before."

Bruno's most painful loss was at blue belt Worlds, because if he'd won that match he would have pulled a Grand Slam, winning a World Championship at every belt level. That said, his most significant loss was to Caio Terra in 2008. To say it was a real heartbreaker would be an understatement. Bruno was down 12-0 in a dominating performance by Terra. Things were not looking good until he swept and got mount for six points. Still down six points, but confidence rising, he went for a toehold, and later tried for a bow and arrow. There was a definitive momentum swing, and Bruno was surging with confidence, beginning to flow, he went for the toehold again, but overcommitted leaving the slightest opening for Caio to use his own lapel against him. That small mistake gave Caio the advantage; he soon used the lapel to gain enough leverage to throw Bruno off balance, and take his back, for the rear naked choke win.

The loss was a catalyst for Malfacine to decide to step up his training and move to Sao Paolo, making the switch from Gama Filho to Alliance. Since then both men have been playing a game of 'everything you can do I can do better,' much like Frazier and Ali did when competing in the ring. Bruno and Caio have been the only two rooster weights to win gold at the World Championships since Daniel Otero's 2006 win. If it weren't for Caio winning in 2008 and 2013, Bruno Malfacine would have an eight-year reign as the IBJJF's Rooster Weight World Champion.

Bruno is a consummate competitor who loves winning. "All of my victories were special because it doesn't matter how well I fought, or the reward from the competition, but everything that led me up to that point. I prepare myself the same for every competition, dedicating many hours, sacrifices, giving up a lot of things to be on the highest place of the podium. Every

day when I am preparing for a competition I visualise myself, the matches I will have, and myself on top of the podium. This gives me more motivation to push myself to the max in all my trainings," said Malfacine.

Just as Terra's name is tied to his most significant loss, he is also a part of Bruno's most significant win. He noted, "If I have to choose which victory was most special to me it would have to be my last fight at the Pan Championship finishing Caio Terra. This match was very meaningful especially because I was able to finish him in less than two minutes. Though we are rivals we have made each other better athletes. In all these years Caio and I have created a higher level of value for our weight division. Even though I believe our division still doesn't have huge exposure, we have earned the respect from the public."

THE MOST DOMINANT ROOSTER WEIGHT OF ALL TIME

Bruno Malfacine is a small man so he must rely on superior technique to overcome an almost ever-present size disadvantage. Walking around at 129 pounds means that he will almost never be able to power out of disadvantageous positions. Although the process of understanding how to make the gentle art work for him was frustrating at times, Bruno has emerged from it as one of the most technically sound athletes competing today. He recalls the trials and tribulations of being the little guy all too well.

"Of course, it was a challenge that helped me to understand the concepts of all the movements. The concept of jiu jitsu is that a weaker person is able to dominate a stronger person, [with] some abilities as movement, base and the leverage, which is the most important principle that allows me to use my opponents' strength and weight against him. I weigh 129 pounds; I compete in the lightest weight division. I really had to focus on using all these principles in my own favour. Even with this weight I'm [used] to training with people of all weights and sizes. This is something I had to learn to deal with since the beginning. This challenge has benefitted me in a way that it has made me become very technical and has also helped me feel stronger than most of the guys in my division."

Bruno has a fluid style of fighting that is based on non-stop transitions from one position to the next. When describing his preferred style of jiu jitsu he noted, "I love the real jiu jitsu, the kind that is aggressive fighting towards the main goal, to get a submission; doesn't matter if it is traditional or modern jiu jitsu. These kinds of fights are the ones myself and the public enjoy. I think my jiu jitsu is more traditional, but I have a lot of the modern jiu jitsu in my game. Since I am an instructor and competitor I have always kept an open mind to learn new things to improve and bring to my students. I play guard, play on top, but I am always looking for the submission. I'm against any style that is used to stall. One specific position bothers me a lot; 50/50, because it's so comfortable for the stallers. The rules are changing; little by little people will have less chance to abuse the position to stall."

He prepares for competition year-round, relying on Alliance's network of All Star competitors, but doing the bulk of his training at his own academy. He noted, "Currently I am the head instructor of Alliance Orlando therefore I need to intertwine my classes and my own training. I teach sixteen classes a week, a combination of fundamental and advanced classes. I love being on the mat with my students; they have helped me grow a lot as an instructor and person. I train every advanced and competition class with my students, two trainings per day, every day. My students help me learn and as I help them, without them I wouldn't have gained so much experience. Besides my jiu jitsu training I have my physical preparation three times per week, it's a functional training with my coach Tyrone Davis. He is the one who keeps me in shape, helping me with my explosion, resistance and strength, everything I need to perform to my fullest potential. Basically that's my routine of training Monday through Friday."

When it's time for major competitions like the World Championships or Pans, Bruno trains with a veritable who's who list of stellar Alliance black belts. "In Brazil I had the chance to train and learn with Michael Langhi for a long time. All the camps that are hosted here in the United States I have Mario Reis as my training partner. Both are great friends that I respect and love so much. I admire them as athletes and people. I think you need to pick a partner who you can connect and vibe with. This is very important. I've had the opportunity to train with many black belt world champions. All the guys are tough and everyone's game is different. I always attend the camp before the most prestigious competitions. Many days I have Rubens 'Cobrinha' Charles, Mario Reis, Michael Langhi, Lucas Lepri, Laercio Fernandes and Fabio Passos to roll 10 minute rounds with - in that sequence," said Malfacine.

Since making the switch to Alliance, after losing to Caio Terra at the Worlds in 2008, he has won his division's top prize an astonishing five times, for a grand total of six world titles. Bruno Malfacine has completely dominated the top tier level of competition as a Rooster Weight, and it is hard to argue against him when discussing who is the most dominant jiu jitsu fighter to have competed in IBJJF rules at his weight class. Not bad for a 5'1", 129lb man.

KID'S GOT GAME

In many ways, Michael Liera Jr. epitomises the new breed of young American grapplers entering the elite scene at the moment. Still only 21-years old, Jr. is a blue, purple and brown belt Pan Am and World Champion, who recently received his black belt from Atos' co-founder, Andre Galvao.

Having finished high school and straight away embarking on a full time jiu jitsu mission, Jr. is part of the famed Atos competition team, sharing the mat with the likes of Keenan Cornelius, JT Torres and Professor Galvao on a daily basis. We caught up with the decorated lightweight to discuss training in San Diego, taking on his idols and killing the worm guard.

Hey Michael, thanks for your time! So tell us a little about when you started training?

I started back in 2006 when I was 12. I didn't really play any sports or anything back then, all I did was skate. My dad and I are really close and one day one of his friends invited us both over to watch a UFC event. That's when I first saw the UFC or anything like that. I watched Matt Hughes vs. Royce Gracie and I remember Matt Hughes taking him down and controlling the fight. I was like, 'man, what is that?' My dad's friends explained that that was jiu jitsu and they actually trained jiu jitsu themselves at an academy in San Diego, so they took us over and that's when I started. My dad fell in love with it right away, but it took me about a month or so to fall in love with it.

Awesome Michael, so are we right in saying that your dad still trains too?

Yeah, my dad is a brown belt. He's actually the manager at one of the biggest MMA gyms here in San Diego, so he teaches and trains out of his own gym.

So your dad must be your biggest fan and totally understanding of what you're trying to achieve as a competitor?

Oh yeah definitely. My dad's been my number one fan since the beginning. It's been me and my dad against the world since we started (laughs).

Let's talk about your competition success, as you've pretty much cleaned-up at major IBJJF events all the way through the belts. You won the Worlds at blue, purple and brown, so how does it feel looking back at those achievements?

Thinking back, I'm obviously very proud of myself for winning those world titles. I like to look back at each medal and think about the training camp I put in beforehand and the months leading up to the actual event. Those are some of my favourite times and memories.

I guess the blue, purple and brown belt titles are special because – unlike at black belt – you may only get one shot at winning gold before you're promoted to a new belt. I was a brown belt for one year, purple belt for two years and blue belt for two years, so I had one or two shots to win at each belt.

It's funny because I always looked up to the purple belts and the brown belts winning at competitions more than the black belts because I felt like they were the young, cool guys out there.

At the same time, all my achievements were at blue, purple and brown belt, so I'm still super hungry and I feel like everything has just started now I've got my black belt. This is where I've wanted to be since I was a yellow belt.

Is there one title you've won that really stands out in your mind?

Yeah, I guess brown belt Worlds was a really big one for me. Coming out of purple belt I wasn't really sure how I'd do straight away. You look at other people's results and it usually takes them a year to adjust and then they might win the following year. In my mind though, I just decided a few weeks after getting my brown belt that I was going to win everything this year and I didn't want to go through a year of not doing well (laughs).

Have you always been very confident in your abilities as a competitor?

I mean, I get a bit nervous, but nothing more than the usual - I know what my strong points are. The way I look at it, whether it's the Worlds, the Pans or a small local tournament, all you're trying to do is beat a guy in an 8 minute jiu jitsu match – it's nothing too crazy. I guess I've also been competing since I was a white belt at 12-years old so I've been through the whole process countless times and it's not that big a deal.

You train at Atos Jiu Jitsu in San Diego, so what's it like being part of the competition team over there?

Training at Atos is like training with a real professional team. Every gym I've been at seems to have one or two really good guys that kind of run the mats. If you took these one or two good guys, from like 30 different gyms, and put them all on a mat, that's what Atos is like.

We all have the same dreams and goals in our head and try to support each other as much as we can. On top of that our gym is just like a family, we fight and argue, but at the end of the day we all care about each other and want to see each other succeed. It's an amazing environment if you want to acheive in jiu jitsu and be successful.

Who's the bigger joker amongst your training partners at Atos?

We have a few. I'd probably say Keenan (Cornelius) is the most – he's always trying to keep training fun and entertaining. (Mike) Carbullido is very entertaining as well, and then Andris Brunovskis always cracks me up. His humour is a little bit different and people don't always get it, but he cracks me up all the time.

So let's talk about your fighting style. You've been highlighted as a great closed guard player; is that something you worked on intentionally?

Honestly, the closed guard is the first game that I ever developed from a white belt. When I first started training and I didn't really like jiu jitsu I figured I could just keep people in my closed guard and buy out the time and go home. That's kind of how it started.

Even in my blue and purple belt days I'd always go to my closed guard, as it feels like a safe spot and also most of the attacks are risk free. If your attack doesn't work, you're still in the closed guard. It wasn't a game plan or something that I thought of going into 2014 – I hadn't planned on using it so much at competitions. It has always been a tool I've used though.

Now you've got your black belt we're guessing you're looking forward to jumping into competition at the elite level?

Yeah, it was actually a real bummer not being able to compete at the Pan Ams this year. Getting injured so close to the tournament was really heartbreaking and tough to swallow, even though all my teammates did really well. When the brackets came out I was still planning on competing as I felt really good about my path to the final, but I just couldn't get over my injury in time.

Is it a case of full steam ahead now for the Worlds?

Yeah I think so. I don't want to irritate my injury at all in the lead up to the Worlds, so I doubt I'll compete before then.

Is it strange at all to think you could now be fighting guys you idolised growing up?

WORDS: CALLUM MEDCRAFT PICTURES: ALEKS KOCEV

LIERA JR.

LIERA JR.

Actually, so Mario Reis jumped into my division for the Pan Ams. Mario is literally someone that I've watched and tried to emulate since I was a white belt because he played really good closed guard. I remember me and my dad would watch him on YouTube back when there were only a few jiu jitsu videos on YouTube.

When I saw his name in my division I wasn't really intimidated, but it was a really strange feeling thinking I could be fighting a guy I used to watch and feel like I was light years away from in terms of ability. So that was kind of weird, but like I said before it's just a jiu jitsu match, so I don't overthink it too much.

Coming from a team full of world champions and elite black belts, you must feel pretty ready for your step up?

Yeah I do. I plan on competing for the next 8 or 9 years, or whatever, and racking up as many medals as I can.

We have to mention your coach, Andre Galvao. What's it like to have him as your mentor?

I would say what I really like about Andre's style of coaching, or whatever you'd like to call it, is how he cares about his team on and off the mat very passionately. He'll text you or call you if you miss one day of training, and not only does he get mad if you don't train, he'll make sure you're ok.

Training every day with guys like Keenan or JT (Torres) can sometimes be very hard on you mentally, so it's cool to have the sort of support Andre gives you. It's really important when training gets tough, it's only a Tuesday and you're getting beaten up, that you remember what happens in one room doesn't mean anything. You have to keep your head up, your motivation up and Andre is great at that. You don't see those sort of qualities at every academy.

With guys like JT Torres on the mat with you every day, you probably have a great benchmark for the level you are looking to achieve?

Definitely. That's one of my favourite things about my training, as we've guys like JT, Rolando Samson and Andris Brunovskis (who took third place at lightweight black belt this past Pan Ams). I've lots of great lightweights to train with and kind of figure out where my level is at.

You started to do jiu jitsu full time straight out of high school, so was that a tough decision and was it hard to convince your family?

> "TRAINING EVERY DAY WITH GUYS LIKE KEENAN OR JT CAN SOMETIMES BE VERY HARD ON YOU MENTALLY, SO IT'S COOL TO HAVE THE SORT OF SUPPORT ANDRE GIVES YOU"

When it came to switching from the traditional school path to full time jiu jitsu it really wasn't that hard. I already knew this was what I wanted and I knew how hard it was going to be. I knew this was a big commitment, but I was ready to sacrifice whatever was needed to really live out my jiu jitsu dreams.

My dad understood what opportunities presented themselves and the situation I was in because he'd watched me compete for years. It took a little bit of time to convince the rest of my family, but after a while they understood. At the time, I hadn't won a world title or anything, so it was before things had really started to work out for me. Now everyone is really supportive.

You're part of a new wave of American talent coming through, so do you think it's not going to be long before we see lots more American or non Brazilian black belt world champions?

I feel like, for no other reason than the fact that the good Brazilians are here teaching Americans, it's inevitable. I'm not sure if it will overtake the Brazilians anytime soon, but when you look at Marcelo Garcia's team, and then the crop of Americans we have here at Atos, there's plenty of talent. Cicero Costha's guys have just set up in New York as well; in fact the only teams that are still only in Brazil are like GFT and maybe Nova Uniao. For the most part they're in the States.

People say there's a jiu jitsu school on every corner in San Diego – is it really like that?

It's really like that (laughs). It's getting to the point where jiu jitsu is becoming a trendy thing here in San Diego. Not just with adults, but with kids too. I think it's really good for the sport, if I had to guess I'd say there are at least 20 or 30 schools in San Diego alone.

We can't speak to you without asking a vital question: Can you tell us how to kill the worm guard?

I honestly can't (laughs). Ever since Keenan has started to work with the lapel guard and evolve it into the worm guard, I'd say the best I've done with it is kind of defend it a little bit, maybe not getting swept. With how fast Keenan's brain works, and how quickly he develops stuff that works on high-level guys, I just think he's so far ahead of people. I mean, people got excited about Keenan's fight with Tim Spriggs, and basically Tim Spriggs based for ten minutes. He shut it down, but he was just defending the whole time.

Thanks for your time Michael, any shout outs you'd like to make?

Yeah I'd like to say thanks to my gi sponsor Shoyoroll and if anyone wants to find anything else out they can go to lierajr.com where I post technique videos and training videos. I have a few DVDs coming out soon too, so check out my website for news on that.

JOÃO GABRIEL ROCHA
2X WORLD CHAMPION
2X PAN-AMERICAN CHAMPION
19X BRAZILIAN CHAMPION
NEW ATAMA
ULTRA LIGHT KIMONO
THE LIGHTEST GI EVER MADE
ATAMA
ATAMAEUROPE.COM
AVAILABLE IN:

BUDO JAKE

EBI 3 AND THE CHANGING BJJ SUPERFIGHT LANDSCAPE

ALMOST EVERYONE READING THIS MAGAZINE KNOWS THAT BJJ HAS GROWN A LOT OVER THE PAST 10 YEARS. WE ALL KNOW HOW ADDICTIVE THE "JIU JITSU LIFESTYLE" IS: THE HARD TRAINING, THE LEARNING, THE PHYSICAL CONDITIONING... THE BENEFITS ARE NUMEROUS.

This is all common knowledge to the BJJ practitioner. What many of us feel however, is the desire for BJJ to be appreciated by NON-practitioners. Why isn't BJJ on TV? Why don't my non-BJJ friends go to tournaments to watch? These are questions that many of us are seeking answers to and one of the eccentric luminaries of our sport may have found the answer.

Eddie Bravo, black belt under Jean Jacques Machado and founder of his own organisation – 10th Planet Jiu Jitsu – is known for his "outside of the box" thinking. With moves he has named "crackhead control", the "sorcerer", "defcon four" and others, it's clear that Eddie is someone who draws his inspiration from different sources than most other martial arts instructors.

It was this unique way of thinking that led Eddie to create his own event – the Eddie Bravo Invitational, or EBI. After successfully pulling off his first two events, Eddie reached out to me to handle the production of EBI 3 in March, 2015. I've known Eddie for many years and was excited to help out. Even though I saw EBI 1 & 2, I was not prepared for the awesomeness that was EBI 3.

There are many stories that were created at EBI 3:

THE EAST VS WEST LEGLOCK BATTLE

This was perhaps the most interesting aspect of EBI for me personally. Gokor Chivichyan is a well-known instructor of grappling (sambo & judo) in Los Angeles and I've been to quite a few of his classes and produced a couple of his instructionals. His knowledge of leglocks is very deep. While the leglock game is something the Brazilians typically didn't put much focus on, Gokor was the man who knew a thousand and one ways to twist your lower limbs off. One of his top students is Karen Darabedyan, and while not many BJJ guys know his name (as he doesn't compete in BJJ), insiders know that he is a well-rounded grappler with insane throws and leglocks.

On the other side of the US we have John Danaher (famous instructor under Renzo Gracie who is never seen without a rashguard). John is known for being a brilliant grappler but until recently few knew what a deep level of leglock knowledge he has. That is, until the past couple of years when two of his students – Garry Tonon and Eddie Cummings – started ripping the feet off of almost everyone they faced.

While a superfight between Gokor & Danaher is something that has almost a 0% chance of happening, EBI 3 made the second best thing a reality. We would finally answer the question – who has the better leglocks – the west coast or the east coast? Gokor or Danaher?

I interviewed Karen before the match and he assured me there was NO WAY he would get caught in a leglock. In fact, he told me he hoped that Garry would go for leglocks as he's totally comfortable defending them.

Both Karen and Garry won their first matches and met each other in the quarter finals. I watched with a nervous tension as they went in and out of leglock positions. Karen got a couple of beautiful drop seoi nages but this was not a points match – the only thing that mattered was the submission.

Well, Karen lived up to his promise and he did not get caught in a leglock. For all grapplers who enjoy leglocks, I implore you to watch this match as it's a master class on how to escape from deep heel hooks and toe holds.

In the end, Garry won in overtime with a rear naked choke. For me it was the most exciting match of the night and I hope to see more Gokor vs Danaher lineage matchups in the future!

10TH PLANET VS THE WORLD

The tournament is called the Eddie Bravo Invitational so you can be sure that Eddie is going to showcase his own guys. Is there a problem with this? I don't think so; it's his party and he can do what he wants. His students didn't make it to the finals but they still did well with Richie Martinez & Nathan Orchard both winning their first matches and losing their second.

With more established fighters such as Josh Hinger, Garry Tonon, Eddie Cummings, and Javier Vazquez in the tournament, some may

even go so far as to say there were some mismatches. My answer to that is, isn't that what you want to see? Watch any tournament and you'll see the submission rate generally goes down the deeper into the brackets you go.

KIDS' SUPERFIGHTS

When Eddie told me he was going to have superfights mixed in with the tournament, I thought it was a brilliant idea. You need to give the tournament competitors time to rest and a superfight is the perfect way to fill time as the athletes prepare for the next round.

I questioned Eddie as to why he chose to have kids in the event:

"A lot of times I enjoy watching my 10th Planet kids compete more than my adult students. There's something amazingly ridiculously cute about watching kids pull off intricate killing moves. So I thought to myself, if I love it so much, maybe the jiu-jitsu community will as well."

The decision to have KIDS superfights was a unique one as kids are rarely given the big stage. I know kids can be really fun to watch; they give it their all, and have a lot of heart. "But how will the audience react?" I wondered.

There were 3 superfights and they were all memorable, but one in particular got a huge reaction from the crowd. 13-year-old Alyssa Wilson from Checkmat was introduced with a string of titles of her vast accomplishments. She looked fit and well-prepared. Her opponent Grace Gundrum was introduced with no titles, she looked shy and a bit nervous (as would be expected!) The full match is on YouTube and you really should watch it!

Despite how good all of the other matches were, this was the one that brought the live audience to their feet. It was a classic match of an

Now available in the iTunes
App Store
GET IT ON
Google play
Also Available
ON DEMAND
FAVELA
JIU JITSU
FERNANDO TERERÊ
COLLECTION
DISC 5 SUBMISSIONS FROM BOTTOM
DISC 6 BACK ATTACKS
DISC 4 SUBMISSIONS
DVD
VIDEO
Fernando Terere, multiple time world medalist is here to bring you his 6 DVD collection on guard passing and submissions! Learn from the man who helped raise champions such as Andre Galvao, Rubens Charles, Michael Langhi and Lucas Lepri.
Languages - Original Portuguese with optional English and Japanese voiceover
Available at
Budo videos
www.BUDOVIDEOS.com
/budo4life
@budovideos

underdog using technique to defeat athleticism. It was a great match up and I believe it did a lot towards growing the public's acceptance to see more kids' jiu jitsu.

GARRY TONON

Garry blasted into the mainstream with his performance at ADCC 2013. Since then he's excited grappling fans with his high-energy skills in Metamoris, Polaris, Nogi Worlds, and EBI. Bravo put his name on the marquee and despite not being a 10th Planet representative it was clear that Eddie saw him as the headliner. The main questions that I had were: Will Garry get past Karen? How will the match go down if he meets his teammate, Eddie Cummings? Who will he meet in the finals from the other side of the bracket? Without spoiling too much, wars were held and Garry performed beautifully.

SUBMISSIONS IN EVERY MATCH?

There are many "submission only" events nowadays, but to me this is often a misnomer. For most events, I think a clearer way of referring to them would be "no points" events. Just because you don't have points doesn't guarantee you will have a submission.

Eddie Bravo has been called many things. With the rule system he created for EBI, I call him a genius. Who would have believed anyone could create a 16 man tournament that would have a submission in EVERY SINGLE MATCH? I couldn't comprehend that that would have been possible. When I heard Eddie explain the rules, it sounded complex but when you watch it play out, it works, it really works. And the crowd freaking loved it. There were no decisions, no double DQ. The matches were definite, a clear winner and a clear loser.

EBI 3 is available to watch on-demand on Budovideos.com

Now the focus is on EBI 4. According to Bravo, the 4th installment will feature the featherweights with EBI champ Geo "Freakazoid" Martinez returning to defend his title on Sat August 15th at the Orpheum Theater in downtown LA. The prize money will be increased to $20,000 this time. The winner takes all, $5,000 for each submission in regulation.

Mark your calendars grappling fans. This will be another event you don't want to miss!

BEING A GREAT TEAMMATE

TEAMS ARE A HUGE PART OF BRAZILIAN JIU JITSU CULTURE AND ALWAYS HAVE BEEN. EXAMPLES RANGE FROM HUGE TEAM SECTIONS AT INTERNATIONAL TOURNAMENTS TO ACADEMY T-SHIRTS AND BUMPER STICKERS IN CITIES WORLDWIDE. THOUGH MANY DISAGREE ON THE SPECIFIC ROLES AND LEVEL OF IMPORTANCE THE "TEAM" SHOULD HAVE IN BJJ, ALL AGREE THAT "GOOD" TEAMMATES ARE A KEY INGREDIENT OF STRONG, HEALTHY TEAMS AND ACADEMIES. THAT BEGS THE QUESTION, "WHAT ARE SOME CHARACTERISTICS OF A GOOD TEAMMATE?"

GOOD TEAMMATES TRAIN/DRILL WITH PURPOSE AND CONTROL

When we are on a team, we never know when teammates are watching us. When Francisco Neto moved to the United States from Brazil to help teach at the Rockville Maryland Yamasaki Academy location, he was still a brown belt and Mario Yamasaki was running the academy. In that way, Neto was both a teacher and a teammate to the students there. He was respectful at all times, focused on pushing himself to get better and devoid of ego when it came to training. When class started, Neto was 100% invested day-in-day-out and it resulted in steady improvement in his game, while giving the rest of us a clear path to follow. Neto attacked sparring and drilling with an enthusiasm and attention to detail that made me take a look at myself to re-evaluate if my standards were up to scratch. To this day, I often find myself wondering how Neto would handle situations on the mat or in competition, because I was so impressed with him as a BJJ athlete and as a person.

My point is that we may not know who is watching us, but we can assume that SOMEONE is watching us and our behaviour can end up having a long lasting impact on other teammates. We must always be wary of our sphere of influence and we must keep that in mind if we are going to truly be good teammates.

GOOD TEAMMATES HAVE TIME FOR HUMOUR

The best training environments I have been a part of have all had this in common: laughter and humour have been present. That does not mean that they were not intense. In fact, the levity allowed the intensity to be turned up in many cases. Humour and the acceptance of it, regardless of whether we are "dishing it out" or "taking it" in a given instance, assumes a lack of malice and that inspires a level of trust in an environment. When trust is present, we can express ourselves, experiment and GROW as athletes and as people.

Teammates who have the gift of bringing humour into the mat room in a way that is RESPECTFUL, APPROPRIATE and INCLUSIVE are priceless, as there is rarely a shortage of "heat" or ego in BJJ academies. It's a combat sport after all. Humour often soothes damaged egos and mends fences that can be a by-product of combat sport training. Training and competing are hard enough and the harder we work, the more painful it can be if/when we fall short of any goals we have. Learning to smile and laugh in tough situations is a skill that can help us find balance and perspective in the midst of challenges. Teammates who help us practise and develop that skill are worth their weight in gold!

GOOD TEAMMATES SUPPORT OTHER TEAMMATES' DIFFERING GOALS

Some people train BJJ to be world champions, while others train to learn self-defence. There are still others who train for the sheer love of the sport and some who enjoy the challenge it presents. I know people who simply enjoy the camaraderie they have while they are getting physically fit. The point is that there are many reasons why people train BJJ and none of them are BETTER than the others. Good teammates accept that there are people training with them who are there for different reasons and they respect everyone's differing approach to jiu jitsu.

Good teammates also seem to understand that just as a healthy diet consists of a variety of foods, a great team can thrive from the energy brought to it by different people with diverse perspectives and goals. Getting caught up in convincing people that our view of BJJ is the ONLY view is a great way to drive people away and rob the team of their potential contributions.

When we maintain an open/inclusive attitude and keep the focus on training and being part of an environment that is conducive to growth and improvement, we help ALL move closer to their goals. This supports an environment that is at the core of the team concept, as it seeks to benefit both the individual and those around the individual.

GOOD TEAMMATES BUILD NEWBIES UP RATHER THAN 'BEAT THEM UP'!

EVERYONE starts as a beginner in BJJ - that statement is self-evident. When we are new, we are in various stages of "helplessness" depending on our athletic background, size etc. Sometimes there can be a significant gap in athletic ability (between two teammates who are technically at the same level or where the more athletic person is technically superior) that causes one teammate to feel relatively "helpless". In any case, we do all spend an initial period of time "at the mercy" of more experienced and skilled teammates.

In the younger days of the sport when qualified academies and instruction in places outside of Brazil were in shorter supply, the initial experience of new people had less importance, as there were fewer options to learn BJJ. The problem with not considering this point in today's more competitive landscape is that good BJJ is much more accessible across the world, so bad initial experiences could lead to people choosing to try out another academy to see if it is a better fit. Or even worse, choosing another sport entirely.

Teammates who take time to help new or less athletic people along by building them up on the mat help themselves by creating more skilled training partners. By "building up", I mean that they challenge them reasonably rather than simply use the new people as "grappling dummies" to be experimented on. That forward thinking ends up helping the athletes and raising the overall level of skill of the team, ultimately adding depth to its pool of talent. Technical innovations and new techniques can also spring

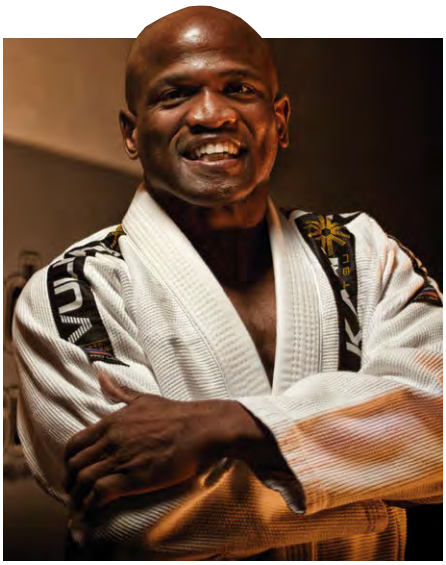
"GOOD TEAMMATES ARE MATURE ENOUGH TO SEEK MORE EXPERIENCED PARTNERS TO TEST THEMSELVES AND SEEK TO HELP THE NEW PERSON AND THE "WEAK" PERSON COME UP TO SPEED ON THE MAT"

from this pool, as these people could not rely on sheer athleticism to solve situations on the mat. This speaks to the origin of BJJ as we know it, as neither Helio nor Carlos Gracie were physically intimidating. Most of the current generation of BJJ players were at least in part inspired by Royce Gracie, who conquered the early MMA world at an estimated (and very average) 170lb.

Good teammates are mature enough to seek more experienced partners to test themselves and seek to help the new person and the "weak" person come up to speed on the mat. They do this with a view to those people contributing, sometimes greatly, to the team in the future.

While we may all have different goals in BJJ, we should ALL strive to be good teammates. The benefits to ourselves, to each other and to the collective group are just too overwhelming to avoid putting thought into how we can make BJJ a positive experience for those around us. See you on the mat!

Sam Joseph is a 2nd degree Black Belt in BJJ under the Yamasaki Academy. He was awarded his black belt in 2007 and has vast experience as a teacher, BJJ competitor and MMA fighter.



WORDS: SAM JOSEPH PICTURES: ALBERTO MARCHETTI & FLAVIO SCORSATO

BULL TERRIER

The Real Deal Aims

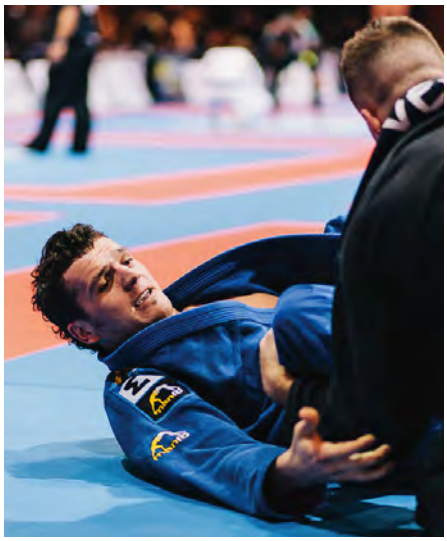
Roberto Satoshi Souza

2012&2014 World Pro Jiu-Jitsu Champion

Budo videos
FIGHTERSMARKET
Grapplers Delight
BRAZILIAN JIU-JITSU APPAREL
MMA WAREHOUSE

www.bullterrier.co.jp

YOUR FIRST STEPS AS A COMPETITOR



Your first competition is always a major milestone for any jiu jitsu practitioner. It's the point where you take all the training you've been doing amongst your friends and teammates and put it to the test in an unfamiliar location against people you don't know and who may well be trying their best to hurt you. For some people, a bad first competition can seriously damage their motivation to continue training, so the aim of this article is to outline a few things that can really help someone to make the most of their first tournament experience.

CHOOSE THE RIGHT COMPETITION

Your first priority when it comes to competing for the first time is your own safety. This means making sure you choose to compete at an event that has experienced referees, medical staff and a venue that is appropriately furnished for a championship. If it isn't a major tournament, ask training partners who may have fought at a previous edition of the competition how their experience was. Secondly, if possible, try to find a competition that allows for multiple fights even if you lose your first, whether in a pool system or a repechage system. The more experience you can get your first time out the better, and once the first match is done, win or lose, you will have somewhat overcome your nerves and adrenaline and this will give you the opportunity to fight again, more prepared this time.

"EACH TIME YOU COMPETE, YOU WILL BE THAT LITTLE BIT LESS TENSE, THAT LITTLE BIT MORE CONFIDENT IN YOUR GAME AND BETTER EQUIPPED WITH THE KNOWLEDGE OF WHAT TO EXPECT"

COMPETE IN THE CORRECT WEIGHT CLASS

In both MMA and jiu jitsu, there is always a huge amount of emphasis placed on what weight class somebody is, and the importance of dropping weight and cutting weight to perform at your best. As a result of that, a lot of people preparing for their first competition will spend a massive amount of time and effort obsessing over their weight and in some cases starving themselves or sweating out those last couple of kilograms as the competition day approaches.

The simplest way to deal with this is to enter at a weight that you are 100% confident you can make, even after you have eaten and drunk regularly throughout the day. If you're uncertain, step on the scales just before you train in an evening class, check your weight there and fight whatever weight class that would be. You are going to be nervous, stressed and full of adrenaline as it is - there is no need to be worrying about making weight as well. As a result of all that tension you are also going to be using a lot more energy than is necessary and that is going to hurt your cardio as well. If you're already weak from cutting weight, it doesn't matter how good you might be technically, you're unlikely to make it through more than a couple of fights.

STICK TO WHAT YOU KNOW

This may seem obvious, but a lot of first-time competitors seem to feel that competition is the time to try out that move they saw on YouTube the night before, or that they've been working on but never been able to pull off in training. If you haven't trained any takedowns (and if you're entering competitions without having trained any takedowns, that's a whole separate issue), then unless you've played rugby or have extensive experience throwing people on the ground, you should probably pull guard. If you have a great closed guard, you probably shouldn't choose to play open guard. If the person coaching you asks you to do something you genuinely don't know how to do, don't try to innovate in the moment. Not only does sticking to what you know increase your odds of winning, it also means any lessons you learn from the competition are more relevant because it shows how the techniques you normally use hold up against resistance, rather than simply proving that you aren't very good at the techniques which you don't train.

REMEMBER TO BREATHE

It's remarkably hard to demonstrate good cardio when you are holding your breath. When you're in between scrambles you may need to mentally remind yourself to start breathing again. Sometimes you can get so focused on what to do next that things that are normally reflex actions might stop completely. Whether you're in a dominant position, a neutral position or an inferior position, take a second to breathe, and then start working your jiu jitsu.

RECOVERING BETWEEN MATCHES

After your first match you are probably going to be exhausted. This is entirely normal. You've been gripping too much, you probably still held your breath for much of the match, and now you have to fight again, often a lot sooner than you'd like. You might feel incredibly thirsty at this point, but you need to resist the temptation to drink a litre of water because that will come back to haunt you in your next fight. You should mainly focus on trying to control your breathing, lower your heart rate, and prepare yourself mentally for the next match. Sometimes you'll find yourself called to fight again much sooner than expected, maybe even one or two minutes after your previous match has ended. If your co-ordinator asks if you are ready to go again, and you aren't, simply say no. A lot of the time, competitors will go along and agree to fight before they've had the allotted recovery period and then lose their next match after completely running out of energy.

MANAGING YOUR EXPECTATIONS

Fifty percent of the competitors at a typical single-elimination tournament will lose their first match. Seventy-five percent will lose one of their first two. You could very easily come up against someone who has been training three or four times (sometimes, even more!) longer than you have. Take the competition as a learning experience, and don't be disheartened if things don't go the way you would hope. If they don't, you are far from being alone in that and you shouldn't be too hard on yourself.

AFTER THE COMPETITION

If at all possible, ask some of your teammates to film your matches. A lot of first time matches are wild and chaotic and sometimes you will find it hard to remember what happened in the match directly after it finishes, let alone a few days later. Watching it back, you can get a good third person view of what actually happened, see any mistakes you made, and also you now have footage that you can go over with your instructor or senior training partners when you get back to the academy. That footage is an invaluable resource for getting direction on what exactly you need to work on to improve before your next journey onto the competition mats.

Finally, take heart in the knowledge that it only gets easier every time after the first. Each time you compete, you will be that little bit less tense, that little bit more confident in your game and better equipped with the knowledge of what to expect. Before you know it, you'll be competing like you've been doing it all your life, and trying to find somewhere at home to display all your medals!

Oli Geddes is a seasoned competitor, referee, globetrotter, half guard connoisseur and black belt under Roger Gracie

MACHADO TALKS

JIU JITSU: THE ART OF FRUSTRATING OTHERS

"Flow can only happen when we learn how to be free first." (CM)

As I go through my jiu jitsu journey, both as an instructor and also as a practitioner, I come to realisations that dramatically affect the way I see the art. I remember how much time I put on the mat back in my early days and what different degrees of frustration I experienced. Much to my surprise, most of the frustration would have been eliminated, or greatly reduced, if I'd had the right mindset from the start.

Sports, and martial arts in particular, can be a battle of egos when performances are compared among opponents, as well as battling against our own egos. The clash of wills on the mat, if not steered in the right direction, will create a misunderstanding about what really matters. We are groomed to compete, and despite any camaraderie that may exist among people who belong to the same school, and often train together, it lingers on and on.

So with that as the background, I will point out individual aspects of what I consider a misguided training mindset, and possible ways to handle it:

1. SMALLER AND MORE ATTAINABLE GOALS:

If you are a kid, jiu jitsu should become a game: if it's not fun, it's not worth doing it. The emphasis is not on who gets a submission or a better position, but a reward system that works both ways, independently of who has the upper hand. Example: a kid is instructed in trying to keep another from passing the guard. What matters is not how often the other kid may succeed in passing, but on how long the kid defending can keep the other one from passing. The passing in itself is a reward, but the increased ability of retaining someone in the guard will eventually provide opportunities for a sweep or submission attempt. That should be rewarded too.

So, from a bigger picture perspective, the kid whose guard is passed, when beating a previous record (e.g. held the partner for 20 secs, then 30 secs, then a minute or minutes), will have more chances of developing the other aspects of the guard with the acquisition of the extra time, while weathering the storm. And above all, there may be less or no frustration for the kid whose guard is passed. He knows that before he can be more successful in accomplishing some moves from the guard, he has to be able to keep the opponent there for a little while. The goal is smaller, yet significant and more attainable. He should be rewarded every time he increases his guard retention.

2. LEARNING HOW TO STEAL MOVES:

Any successful execution of a particular technique should become a shared skill as it happens. Translation: If someone does something against me, I will ask him to share the move by showing me how he does it, and to allow me to try that same move against him. He may even show me how to counter it.

The next step is to use that same process and watch what other moves your training partners are having success with in sparring. You can approach the person who has the move, and ask him to share it with you after he is done with his sparring.

A good tip when trying to emulate someone's trick is to do the three-part mirror drill (you copy three separate body parts, one at a time). First, you position the legs, then the arms and hands, then the head and hip, exactly how the person you are stealing the move from does when applying that move. The correct positioning of one part of the body leads to a domino effect that pulls together the other parts, and speeds up the process of doing the same move exactly as you see it.

Can you imagine walking on the mat and thinking, 'Hmmm, let me see what cool move is out there and go steal it!' Or you pick a tough training partner and instead of worrying about what is going to happen to you, you think, 'Hey buddy, I am sorry but I will get your move and then use it against you, you watch!'

3. CLOSING THE DOORS:

This approach is somewhat related to the previous one. In this case though, since your learning curve can only go so fast (you won't be able to steal or learn all the moves in a single day), you may have to set up your strategy for the longer run. Example: well, if you want to get better fast, you might as well stalk the star of the gym (the best fighter) and go for a run for your money against them (spar and check how often he can get you). Besides stealing the moves that you can, start the process of building a skill set to neutralise one of their tricks, and close that door! Once that happens, repeat the process until another door is closed. A funny thing happens when the top-notch guy has to sweat more, or work much harder in order to get you - now you get to the point of making them run for their money instead. It is not uncommon to see that tough guy kind of avoiding you after a while. This is what they are thinking, 'Shoot, if I keep training with this guy often enough, it will come to a point I can no longer get him. Besides, I have to work a lot harder now to make that happen. C**p!'

4. HIGHER RANK, HIGHER FALL FROM GRACE:

Well, now we come to the misguided notion that if someone is a blue belt he cannot tap to a white belt, and then it goes down the pipeline. A purple has to own the blues; the browns are kings and black belts are gods.

That is the most intriguing of the frustrations, since a higher belt will often feel entitled to the notion that once he reaches a higher rank, nobody below will have the right to put him to the test. He does not ever say that, but often that is how he feels about it. And then comes the day that a gifted blue belt whoops the purple, or the purple taps out a black belt (purple belts are tough sons of a gun, anyway). The feeling when this happens is often on their faces. I have seen higher belts slap the mat, cuss and leave the dojo after getting tapped by a lower belt. The

way to handle the issue is to keep an eye on the target: 'Those who tap me are my best friends, they show me what I lack, and bring me back down to earth, when needed.'

The way to handle it is to learn from the start that the focus is on detecting the trouble spots (like a radar with blips on the screen), and to congratulate the lower belt for a job well done. From that point on, if you are the higher belt who got tapped, put yourself in the same trouble situation, on the same spot you got caught. Then, start the training from there, as long as it takes until you hit your Eureka moment.

If I got tapped in a choke from the mount, I don't care what belt the guy who tapped me is wearing. All I care about is for him to get back on the mount and try it over again. I will be damned if before the session is over I don't figure out how to get out of that. And if not, guess what? Next time I will go to him again and ask the same favour; to start from the mount and murder me with that nasty choke. According to my personal experience, you will overcome the problem instead of leaving the mat and going to cry in the bathroom, feeling embarrassed because someone of a lesser rank kicked your butt on a beautiful afternoon!

5. WHEN STUCK, DO YOUR BEST OR RESET:

This one is big for kids, since their helplessness can become more unbearable and create a more dramatic reaction. I just said a day or two ago that getting stuck in a position you cannot get out of is more frustrating than getting tapped (if you still care about the tapping part). I often see people getting red faced trying to bench press someone out of a side control position, just to see all that effort go down the drain as the top person keeps the smash going relentlessly. I am on a mission to teach the best ways to handle being pinned or stuck on a mount or side control (check my upcoming video stream "All About Escapes").

Now, with that said, escaping tough positions like side control takes time to master. My rule is, while that person is building a skill set to be free and keep the flow going. If the training stops in a position for more than a minute for adults, and 15 secs for kids, I tell them to reset, meaning start the freaking training again from a different position until someone gets stuck long enough for another reset. That does not mean ignoring the issue as the training ends, but addressing it with more subtle and easy ways to deal with it at the right time.

Here is a tip - when stuck (let's say in side control) pull your partner tight against you instead of pushing them away. That reduces space, makes it easier to breathe and curbs submission angles. This is "survival mode". Second, move an inch either away, or towards the person (to avoid transitions, like a knee on the belly or mount), since your opponent will have to follow you a bit before trying to improve anything. That means be "comfortable". Third, remember that the one who should be moving to escape is you, so don't waste time trying to move your opponent away from you. It is like swimming on the mat - the hip escape should be called "swim away"!

6. WHEN COMPLAINING, MAKE SURE TO BE SPECIFIC ABOUT IT:

I hear so often, 'So and so passed my guard so easy', or 'Man, that guy swept me left and right!' So I ask, 'What happened?' They usually reply, 'That guy had a sick butterfly guard. I could not stand being swept like that.' Their answer should have been more like: 'His guard was open, his control was on my belt and sleeve and he scooted back and pulled me in, then tilted to the opposite side of the belt grip. From there he elevated me with a single hook and rolled me over.' Try and remember the details.

Here is a hint on how to be detailed and specific if you really want to get to the bottom of it. For you to figure out what really happens when you're struggling during training you must break everything down into three parts: set up, transition and completion. First, try to remember how the set up towards a move works (that way you can cut short the sequence before it happens all the way). Then figure out the end of the sequence (if you got swept, as an example, how did you end up? Did the opponent end up in a very good position? What steps can you take as you get swept, to ensure your partner won't end up in too good a situation other than being in top control). The last step is the transition - the scramble part of jiu jitsu and the link between setting up and finishing a position.

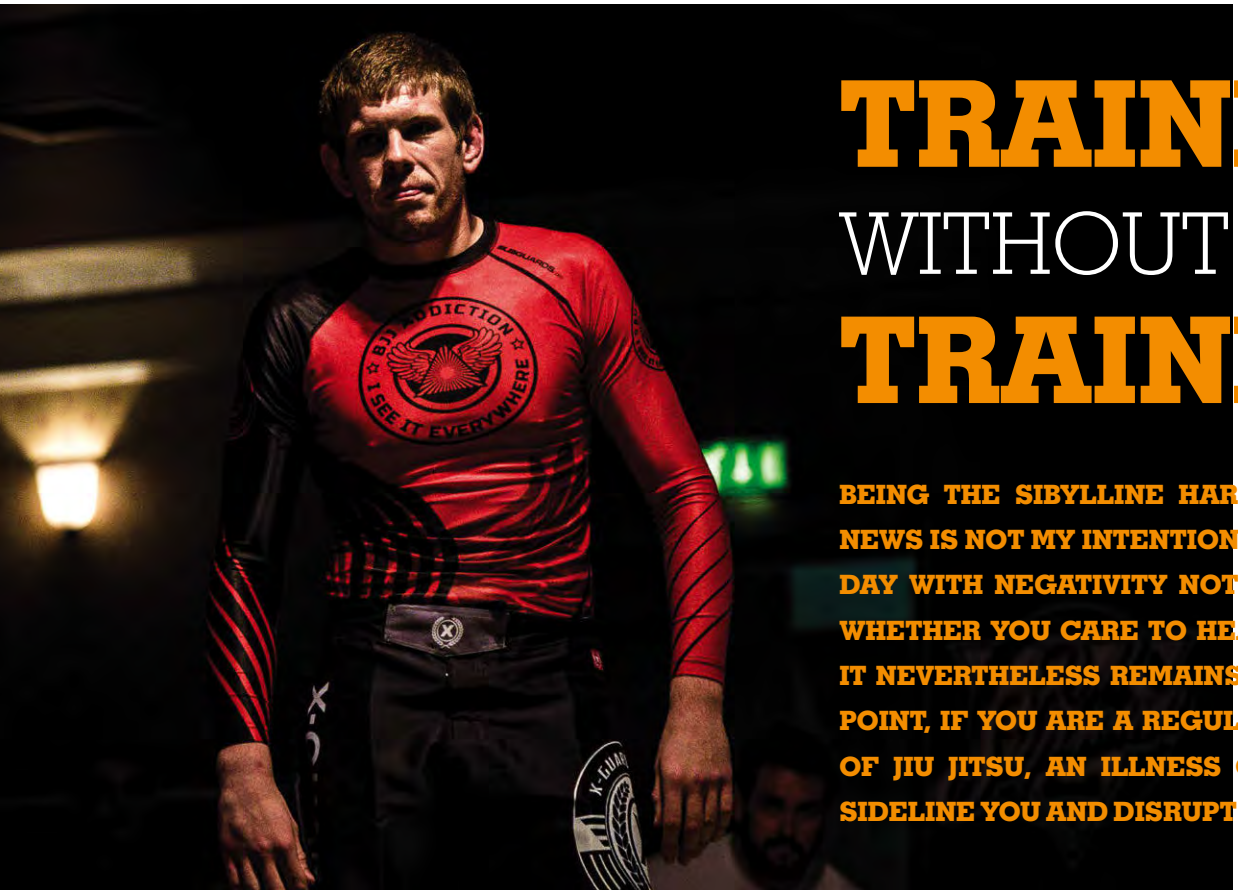
The same principle now applies for the positioning of your opponent's body throughout the move. Was he sitting, was he flat? Where did he focus his grips? His legs were both hooked, flexed or stretched out? His hip - did he move it back, to one side or the other, or towards you?

A description like that can lead to an immediate counter strategy. Once more, it is the breaking down of the steps and not the attempt to memorise all the details that will instil in a student a keen ability to observe what happens while it happens, and retrace the steps after it happens. The instructor in such cases does not need to waste time teaching the student how to counter an entire move, but to isolate one portion of it, like the initial set up, and avert the move altogether.

If all the tips mentioned do not make you more hopeful of becoming a better student, you can for sure become a pain in the neck for any of the tough students and teammates you have to put up with! Remember - instead of feeling frustration, have fun making others frustrated. Steal their moves and make them pay!

CARLOS MACHADO

9th Degree Coral Belt
Owner RCJ Machado Jiu-Jitsu Inc.



TRAINING WITHOUT TRAINING

BEING THE SIBYLLINE HARBINGER OF BAD NEWS IS NOT MY INTENTION; SHADING YOUR DAY WITH NEGATIVITY NOT THE GOAL; BUT WHETHER YOU CARE TO HEAR THIS OR NOT, IT NEVERTHELESS REMAINS TRUE: AT SOME POINT, IF YOU ARE A REGULAR PARTICIPANT OF JIU JITSU, AN ILLNESS OR INJURY WILL SIDELINE YOU AND DISRUPT YOUR TRAINING.

"THE KEY TO MAINTAINING MOMENTUM IS SIMPLE: EVEN IF YOU ARE NOT TRAINING, STILL GO TO TRAINING!"

Despite an opening gambit of seemingly 'doom and gloom', this article is actually written from the perspective of a 'glass half full' rather than 'half empty'. Regarding illness and injury, although frustrating, it is most certainly not the end of the world!

LOSING MOMENTUM

Much of playing and training sport is reliant upon momentum. It is eye opening to watch tennis, rugby, UFC, boxing etc. and very often observe the precise singular moment when the momentum of a match starts to shift. This is further compounded, exponentially, by more and more shifts that swing the 'pendulum too far' making it almost impossible to retrieve; the contest is done!

Although not openly articulated as such, this is one of the key fears of those sidelined with injury: the fear of losing the momentum they have gained thus far.

GOOD HABITS

We are creatures of habit. Repetitious behaviour creates neural pathways that further encourage the same behaviour in an ever-deepening cycle. Newer pathways within the brain are created only by conscious wilful efforts which eventually propagate into newly formed habits. Think of putting on your gi bottoms; you will find that you automatically put one leg in before the other. There is no conscious effort on your part to do so, it is an automatic habit.

This was not always the case. Remember back to your childhood when you were first learning the skill of dressing. It took effort, concentration and huge amounts of practice. If you, even now as an adult, were to decide to put on your gi bottoms leading with your non habitual leg (i.e. left before right when you habitually do right before left) you would find that, once again, you will experience the mal-coordination of a beginner.

Before becoming injured, regular and disciplined practice has created the positive habit of 'going to training'. It is an embedded behaviour that is strong enough to ignore and override exercise apathy, lethargy and desires to sofa surf. It is an admirable habit to have developed and one that is in our interests to preserve. According to various studies, it takes, on average, between twenty one to ninety days to form a new habit. (Some skills can take significantly longer.) With these statistics in mind it is fair to say that a three-month total lay off from training could well lead to a new habit of 'not training'. Not ideal.

Whilst honouring doctors' or physiotherapists' advice regarding the resting of our injury, we can still look after our health whilst also protecting our 'habit to train'- thus retaining a degree of momentum in our jiu jiitsu progress.

MAINTAINING MOMENTUM

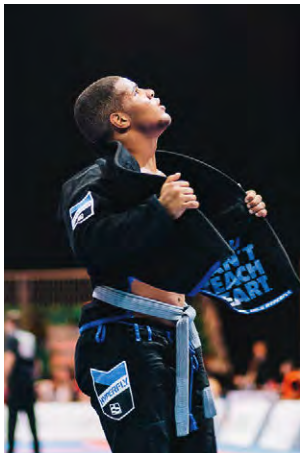
The key to maintaining this momentum is simple: even if you are not training, still go to training!

Do as you would normally do whilst healthy; just sit on the side and watch when the others start doing the things you must refrain from. In this way you will maintain your training habits and, once healthy again, will not have to struggle to re-motivate yourself to return to the academy.

Peter Lucas, a Roger Gracie blue belt, had been struggling with a non-related jiu jitsu shoulder and arm injury. Rolling was painful and a point came in time when extended rest was inevitable. Although not actively participating, Peter showed up on time, changed into his gi, handed in his training card, did the non-jits specific part of the warm up and watched diligently as his instructors showed the day's techniques.

At practice time, he quietly but studiously sat by the side and watched, interspersed with helping out those who were struggling with the technique and in need of extra support. When the time finally came for Peter to return to full training, the transition was near seamless; his continued attendance had reinforced his habit to train and he suffered none of the mental hardships that those who stayed away completely would inevitably experience.

Amazingly, despite no actual physical practice for several weeks, he rolled like he'd never been away! But is this as unusual as it seems?



"RESEARCH SUGGESTS THAT, IN SOME CASES, MENTAL PRACTICES CAN BE AS EFFECTIVE IN DEVELOPING SKILLS AND HABITS AS PHYSICAL ONES"

JAMAICANS AND THEIR BOBSLEIGHS

In the 1988 Winter Olympic Games in Calgary, Jamaica debuted a four-man bobsleigh team. Needless to say, their home training camp in Jamaica was limited when it came to actual 'snow practice'. Instead, the team and their coaches embraced the skills of 'sports visualisation' and practised the majority of their bobsleigh runs in their heads rather than on an actual track.

Although not a fairytale ending - they crashed during one of their four mandatory runs – the team punched well above their weight for a tropical country competing in a cold-weather sport and impressed onlookers with some fast start times. Their efforts, like Peter's effortless return to form, show the power of visualisation and how we can use it to train without training.

Studies of weight lifters show that merely imagining and visualising a lift of hundreds of pounds activates the same brain patterns as those displayed when actually lifting them. Research suggests that, in some cases, mental practices are almost as effective in developing skills and habits as physical ones. (For all those hoping to use this as an excuse to train for their next tournament from the comfort of their own beds, the same research also tells us that a combination of mental and physical leads to the best results!)

By still going to training and watching even though injured, what Peter may or may not have realised was that he was working out almost as much as the others, just in a different way. (Detailed instruction on visualisation is beyond the scope of this article, but I have included some very useful resources at the end for those who would like to investigate further.)

HELP YOURSELF HEALTHY

A final word in support of visualisation: even further research suggests that, as well as keeping us learning whilst being sidelined, it can also play a role in speeding our recovery. The focus of our thinking has to be redirected somewhat but there is burgeoning evidence that this is a viable way to help ourselves healthy- the best outcome.

Jiu Jitsu Brotherhood student, Sheri Lennon, was sidelined for six weeks whilst recovering from minor abdominal surgery. This was the third same surgery spread over several years. This year, Sheri decided to use her newly learnt visualisation skills to try and help her recovery. (She uses the term 'zzzhhooming' to describe the power of this mental practice. To read this word correctly, think of the noise a light sabre makes when activated in the Star Wars films-I know you are all trying this!)

Although anecdotal and unscientific, she nevertheless claims to have felt less pain and discomfort this time than the previous two periods of convalescence when she didn't make use of visualisation skills - she feels she literally 'zzzhhoomed' herself well with healthy images.

CREATING A LEGACY

The best always make the best of what they have. History is littered with people accidentally inventing genius, incidentally uncovering truths and unintentionally creating a legacy. Those who deal with the 'hand they have been dealt' often end up with success regardless.

With some injuries, full and total rest is not required (let your doctor decide on this). You may still be able to train but with limited use of the injured part of your body. Whilst obviously being sensible, it could be the perfect opportunity to develop a neglected part of your game.

IN A NUTSHELL

We must, of course, pay attention to serious illness or injury and take adequate rest where appropriate - it goes without saying. But for the rest of us, we can still, with a little thought and imagination, keep 'training without training'.

In conclusion, I will leave you with my tips 'in a nutshell'. You may like to follow some or all and I wish you a speedy recovery.

• Maintain momentum by keeping up the 'going to training habit'

• Watch your instructor's lessons from the sidelines- if your eyes/brain can see the techniques it is still absorbing them

• Use visualisation to help speed your recovery

• Use this time of injury to develop a previously underdeveloped part of your game

FURTHER RESOURCES

You may find these resources interesting and helpful - I did. I have no financial link to any of these and offer them as information only and not as endorsement or advertising.

• www.ultimatementalskillstraining.com (great info regarding sports visualization)

• www.thebjjmentalcoach.com (some good info on this DVD pack)

• www.meditationsociety.com/week29.html (this is about the 'visualisation of cellular healing'. It can seem a bit 'weird' but worth a try)

• You Tube – Bobsleigh University 'Visualising the Track (brilliant, my favourite)

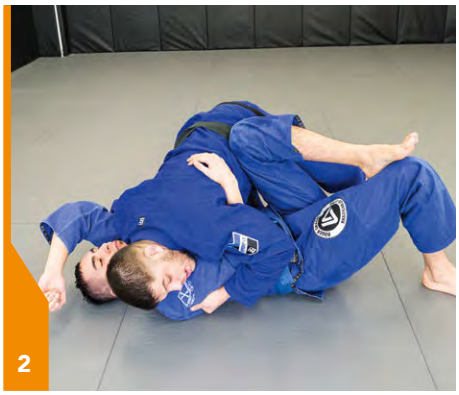
MATT JARDINE IS A FULL TIME MARTIAL ARTS TEACHER, WRITER AND BJJ FANATIC TRYING HIS VERY BEST TO WORK OUT 'WHAT- GOES -WHERE' IN AN INVERTED TRIANGLE…

MASTERCLASS

TRANSITION TO MOUNT

1: You start in side control, but your opponent is defending properly and preventing you from moving to mount. **2/3:** Control your opponent's right arm, and at the same time bring your left thigh tight against the back of your opponent's left thigh. **4/5/6/7:** Maintain your grips and post your head on the mat next to your opponent's head. From here, do a headstand and bring your left foot down on the other side of your opponent. **8:** Straight away drive your right knee down to the ground in between your opponent's legs, twisting their hips. **9:** Keep control of your opponent's upper body and slide your left shin close against their torso. **10/11/12:** From here you can slide easily into the mount position.

1


2

3

4

5

6

7

8

9

10

11

12

CHARLES NEGROMONTE

CHARLES NEGROMONTE IS A BLACK BELT UNDER ZE RADIOLA, ORIGINALLY FROM RECIFE, BRAZIL. NOW BASED IN THE UK AND TRAINING ALONGSIDE BRAULIO ESTIMA IN BIRMINGHAM, NEGROMONTE IS ONE OF THE HOTTEST PROSPECTS IN THE BLACK BELT MIDDLEWEIGHT DIVISION.

CHARLES IS A BLACK BELT IBJJF BRAZILIAN NATIONAL NOGI CHAMPION, SOUTH AMERICAN CHAMPION AND 2X LONDON OPEN CHAMPION.

ARMLOCK FROM CLOSED GUARD

1: The armlock from closed guard is a position that we learn early in jiu jitsu, but here are some details that will make it work very well on skilled fighters. Starting from closed guard with control of your opponent's wrists. **2:** Your opponent starts to stand up in the closed guard. **3:** Climb your guard high across your opponent's shoulders, starting to isolate their right shoulder as per usual. **4:** Here is a crucial detail. Hook your opponent's right wrist with your left elbow, NOT your hand. This locks their arm in position much more effectively. **5/6:** My final details are also very important. Instead of focusing on breaking your opponent's posture, start to stretch your body out. You will catch a tight armlock from here, and often you won't even have to pass your leg over. To make sure the submission is very tight, pass your right leg over your opponent's face to finish the sub.

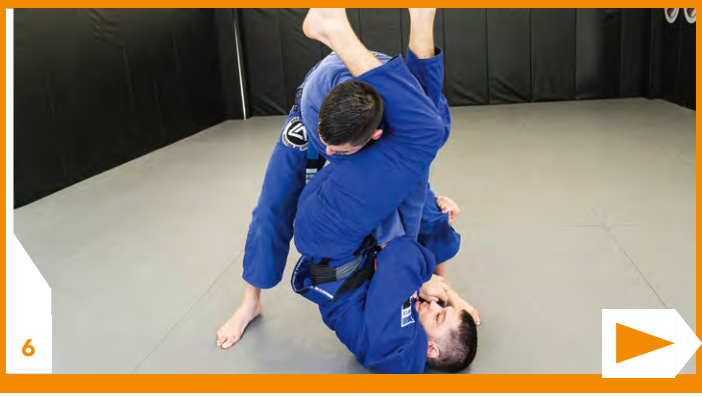
1

2

3

4

5


6

SIT UP GUARD TO BACK TAKE

1: Starting on your back in de la Riva guard. **2:** Start to sit up and apply pressure on your opponent's right leg with your left leg. **3/4:** As you look to switch your opponent's sleeve from your left to right hand, your opponent breaks the grip. **5/6:** As you can't grab your opponent's sleeve, start to control their right lapel. **7:** Now you have your opponent's lapel in your right hand. **8:** Your opponent is hiding their right arm so you cannot grip their sleeve, so instead grab their collar with your left hand. **9/10:** Switch your right foot placement so it is hooking on your opponent's left shin. **11:** Extend your legs and pull with your left grip to make your opponent post on the mat. **12/13:** Push your opponent on the back of their left arm as you elevate your right hook. **14/15:** Use the momentum of this sequence to transition to your opponent's back.

1

2

3

4

5

6

7

8

9

10

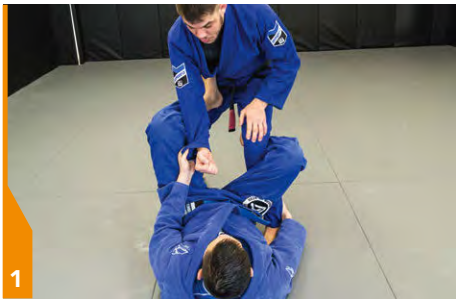
11

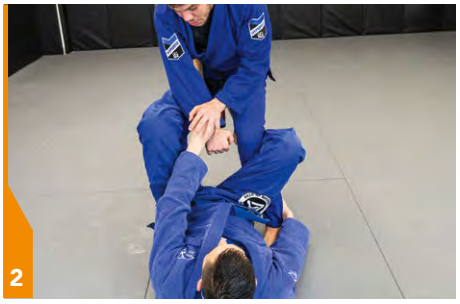
12

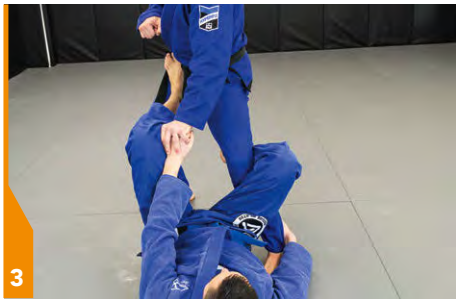
13

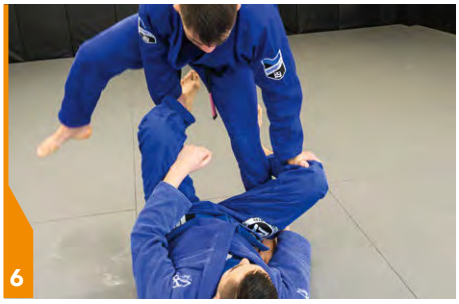
14

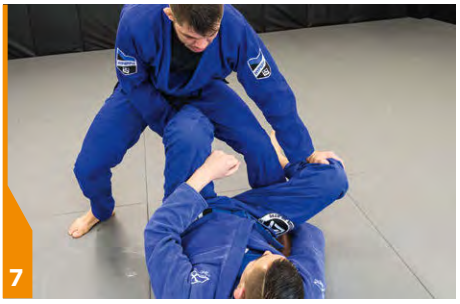
15

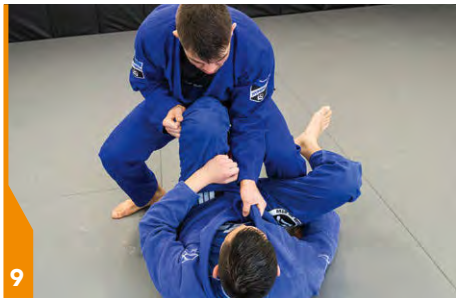


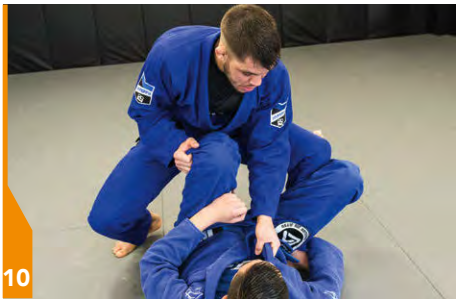


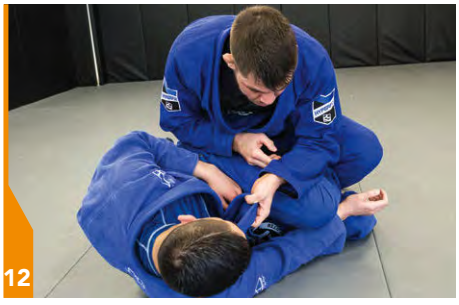


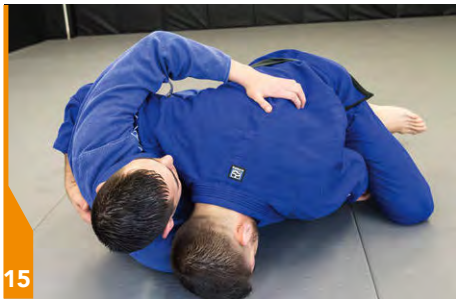












OPEN GUARD PASS

1: Your opponent has a de la Riva hook with their right leg and sleeve control with their left hand. **2/3:** Break your opponent's grip on your right hand. **4:** Control your opponent's left ankle with your right hand. **5/6/7:** Base on your opponent's right leg with your left hand, at the same time push your opponent's left leg down while you lift your own hips to gain a better control of their left leg. **8:** Switch your left hand to your opponent's collar and your right hand to your opponent's left leg. **9/10:** Lower your base and turn your left knee out. **11/12:** Push your opponent's left leg across your body with your right hand and drop your left forearm on top of it, smashing their guard. **13/14:** Gain an underhook with your right arm. **15:** Bring your head to the mat next to your opponent's head. **16/17/18:** Transition your legs around to the right to pass the guard.

1

2

3

4

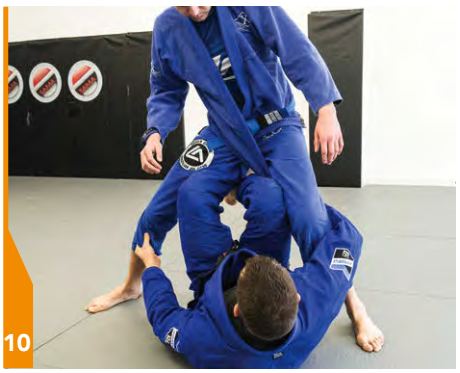
5

6

7

8

9


10

11

12

13

14

15

SIT UP GUARD TO SWEEP

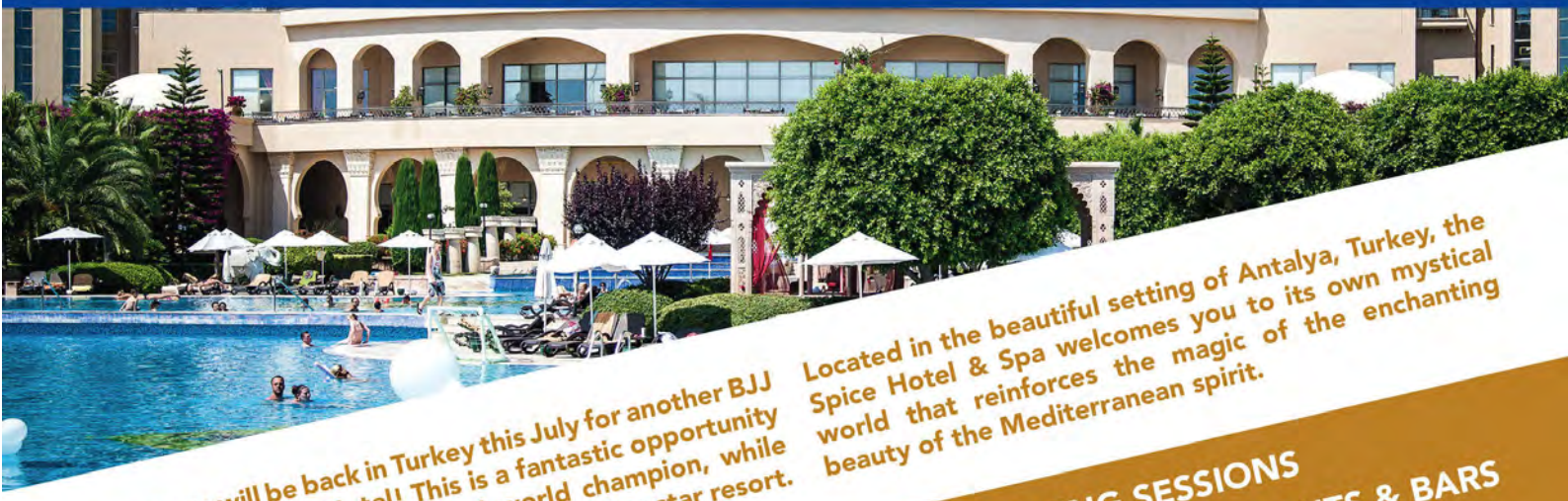
1: Starting in sit up guard with a grip on your opponent's right lapel under their left leg. **2/3:** Move your hips backwards to insert your right shin hook against your opponent's left shin. **4:** Control your opponent's right leg with your left hand. **5/6/7:** Swing your body towards your left, at the same time extending your right hook. This will make your opponent post their arms on the mat. **8:** Kick your right leg through and transition into an x-guard. **9:** Your opponent will always try and stand up from here, so keep your x-guard solid and your grip on their right trouser. **10/11/12:** From here, maintain your hand grips, but transition your legs across so that you've locked up an x-guard on your opponent's right leg. **13/14/15:** From here you can extend your legs to make your opponent fall to the mat. Perform a technical stand up to complete the sweep.

SPICE HOTEL BJJ CAMP

ANTALYA, TURKEY
3RD–13TH JULY

WITH: CAIO TERRA

ELEVATE YOUR JIU JITSU IN 10 DAYS!



Caio Terra will be back in Turkey this July for another BJJ camp at the Spice Hotel! This is a fantastic opportunity to learn first hand from a BJJ world champion, while enjoying the relaxing surroundings of a five star resort.

Located in the beautiful setting of Antalya, Turkey, the Spice Hotel & Spa welcomes you to its own mystical world that reinforces the magic of the enchanting beauty of the Mediterranean spirit.

- DAILY TRAINING SESSIONS
- ALL INCLUSIVE RESTAURANTS & BARS
- GREAT FOR KIDS AND FAMILY
- RESORT PRIVATE BEACH
- WATER SPORTS & ACTIVITIES
- DAILY RESORT ATTRACTIONS
- AND LOTS, LOTS MORE!

"My last summer camp at the Spice Hotel was such an amazing experience. We had a great time training, learning and having fun in beautiful surroundings, so come and join us this year!"
- Caio Terra

BJJ.SPICE.COM.TR

FACEBOOK.COM/BJJSPICE

CALL: +90 242 715 3535

BE THE FIRST TO KNOW

FROM THE CREATORS OF THE MOST STUDIED AND VISITED BJJ VIRTUAL ACADEMY AND GRAPPLING DATABASE MGINACTION.COM...

BE AMONG THE FIRST 500 TO SUBMIT YOUR EMAIL ADDRESS ONLINE FOR EXCLUSIVE PROMOTIONAL CONTENT AND PRE-LAUNCH OFFERINGS FROM THE INACTION TEAM.

REVOLUTIONIZE YOUR GAME ESTIMAINACTION.COM

ASK THE DOCTOR

Braulio Estima is Jiu Jitsu Style's resident BJJ Doctor, helping prescribe our readers just the right tonic of tips to improve their grappling game.

Hi Braulio,
I saw a post on the *Jiu Jitsu Style* Facebook page that prompted my question. Do you think heel hooks should be allowed in IBJJF black belt matches? I'm not a black belt, so wanted to ask you. You've obviously had lots of success at major events that allow and don't allow the position, so good to hear what you think.

Thanks,

- Mo

Hi Mo,
If you're a black belt in jiu jitsu, which is a grappling and submission focussed art, then I think you should be prepared to handle heel hooks. So, should they be allowed in IBJJF black belt divisions? I think so. It will undoubtedly change some things, but surely these will be positive changes for jiu jitsu. Whenever a new technique comes along it changes things – don't you think that when people started using x-guard in competitions it resulted in lots of changes? 50/50 is another big example; it means we've had huge changes as a result of this.

I understand why techniques that could put you in danger of injuring yourself in a serious way shouldn't be allowed. Neck cranks and slamming are things that could actually end up killing someone, but a heel hook is a position that you can see coming and you know when it's going on, so just tap. The heel hook is a tricky position, there's no denying this, but most of the injuries that come up are from ignorance of the position – people don't know how to defend it. If you're a black belt you should know the position, so yes, it should be allowed in my eyes. I think it would be fun to see how things go if this change is made. Let's not forget that a heel hook in a gi is tough to pull off as well.

KNEE-RIDE DETAILS

Hi Braulio,
Do you use the knee-ride a lot when training for competing? I really like the idea of trying to develop my skills there, but whenever I "pop up" my training partner just seems to push my leg and recover guard. Any tips on controlling the position would be great.

- Matt

Hi Matt,
Here is my favourite option for controlling the position from knee on belly:

1/2: Often people use a high knee ride position as pictured. Though this isn't wrong, it is a hard position to control and prevent your opponent from pushing off their chest. 3/4: Instead, try to place your right shin across your opponent's belly, so your knee is actually past their torso. As you can see, this makes things much harder for your opponent. 5/6: Remember, if they do start to push on your knee, you must then control their arm to initiate an attack.

OMOPLATA POSTURE DETAILS

Hi Braulio
Do you have any specific details that help you finish the omoplata once you've isolated one arm, but the guy manages to stay bolt upright and tries to stand up? Happens to me a lot!

- Danny

Hi Danny,
This can be tricky. The best way is to move quickly once you've reached the omoplata position by trying to off-balance your opponent immediately. If they start to stand, try this:

1: You've secured an omoplata and your opponent has started to stand up. 2: As soon as they start to posture up, start to control the skirt of their kimono. 3/4/5: From here, start to climb using your grips on your opponent's jacket. Keep climbing and grabbing material until you have a solid control on the far side of their jacket. This will make it hard for them to posture up.

Hi Braulio,
I've really tried to ramp up the amount of competitions I go to this year, as everyone seems to say it is a great way to help with your progression. No matter how much I try, I just can't seem to find a routine that helps me relax and prepare before my first fight. I wanted to ask if you had a specific warm-up routine or any rituals that you go through? I know some people hardly warm up at all, while other push themselves pretty hard, so I'm interested to hear your thoughts.

Best wishes *- Steve*

Hi Steve,
If I have a one-off superfight, then I always like to get a very good warm up going beforehand so that I already pass that first tired feeling before I go to the mat. You can lose a lot of energy in that first fight if you go in cold. For me, when I go to a big competition I know that generally I will face the toughest guys in the later rounds, so my first fight can be approached a little differently and it's almost used as a warm up.

What you must analyse is what you think makes you nervous or uncomfortable during the whole competition experience. If you are hoping to have your nerves totally go, I don't think this can be possible. Even for me, I get nervous before a fight and it doesn't matter who it's against. Adrenalin and nerves are a very important part of competition and we should embrace them.

If you think too much about your nerves, or trying to always have the perfect routine, I think you will always struggle to put on your best performances. I would recommend concentrating on your strategy, on the fights you have in hand and what you'd like to do, above anything else. I am not saying you shouldn't try and develop your routine, but don't think it will be something that will make nerves disappear. I personally like to try and relax a little before fights, talk to people and get a feeling for the venue.

Try to arrive at a competition as prepared as you can be, so have a game plan in mind and make sure you've put your hours in on the mat. For your routine, the goal should be to get yourself into a certain zone, but don't expect your nerves to disappear, you must learn to embrace them and use them in a positive way.

Braulio,
I come from a wrestling background, but I've really been enjoying jiu jitsu so far! I know you've wrestled quite a bit within your training for the ADCC and when doing some MMA, so it's not something that's new to you. Personally, I believe that wrestlers are some of the hardest working athletes in the world, and jiu jitsu fighters can learn an awful lot from the warm-ups and level of intensity shown in most wrestling practices – what do you think?

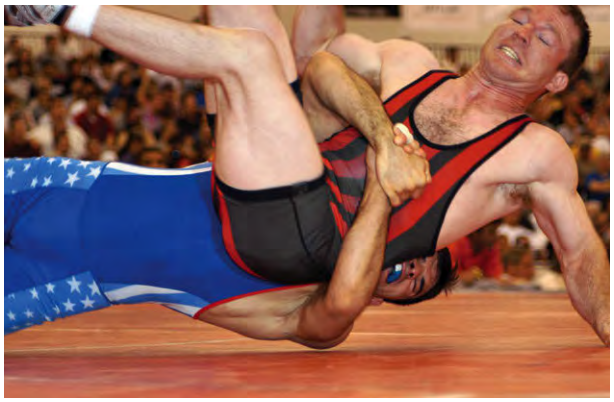
- Kyle

Hi Kyle,
There's no denying that wrestling is a tough, tough sport. But that's because if you want to be good at it there's no other option. If you want to take someone down, you can either go for it full pace, or not get the takedown. In jiu jitsu you play around a lot more and refine technique without having to go as hard as possible all the time.

When I started jiu jitsu I was very skinny, lean and I wasn't very strong. Because I wasn't so strong I ended up having to learn to fight from my back, but there's nothing wrong with this, as there are different options in BJJ. In wrestling you don't have these options. If I started wrestling with the same approach as I did jiu jitsu, I would never have been able to take anyone down. I guess it's like looking at sprinters and marathon runners. Marathon runners can train doing long sessions, but sprinters need to be explosive and train over short distances. Wrestling is much more like sprinting.

If you asked me whether training wrestling benefits BJJ, then I'd say yes – 100%. It's good to experience the wrestling mentality and the intensity that comes in the sessions. Does training jiu jitsu benefit wrestling? Not so sure.

At the end of the day, in jiu jitsu we spend most of our time on the ground, so we must spend most of our time training there.



Hey Braulio,
I see that the IBJJF have launched a load more tournaments in the UK for 2015, and there's also been the launch of the UKBJJF. Do you think this is a good thing for UK BJJ? You are someone that has been here for a very long time and set up the British Open, so I was interested to see what you think.

- Aaron

Hi Aaron,
One of the reasons I started the British Open was because there was a clear shortage of competitions in the UK. I felt there was a need for more good competitions to help the level of our athletes improve. Also, there was no high-end tournament in terms of organisation and service currently out there over here. Now the British Open is a huge success and we have many years of experience behind us.

With the IBJJF coming here to run competitions as well we are getting more great options to compete at elite events. We're being spoilt! In my eyes this just gives competitors more options, so there are many more opportunities to fight. I think as long as there's a little timing separation between the events it's great news. UK residents will now be able to compete at some large events without having to travel, which can be expensive, and we will also see more competitors travel from abroad to come and fight here.

The British Open will still be a great option too :)

BUTTERFLY SWEEP

Hi Braulio
I've been working on my butterfly guard, but everyone at my academy seems to be able to counter the regular sweep where you trap one arm. Do you have any positions you like to use from butterfly guard, or a counter for when your opponent sits back on their heels in base or manages to post with an arm?

- Jo

Hi Jo
You really MUST keep your opponent's arm trapped to complete the sweep. But, if they're basing backwards, try this:

1: You are in a solid butterfly sweep position. 2: As you try to sweep your opponent, they push you back with their arm and have all their weight on their heels. 3/4: Quickly shift your weight forwards and control your opponent's right heel with your left hand. 5: Drive forward to get the sweep/takedown.

SINGLE TO DOUBLE LEG TAKEDOWN

1: You are in your wrestling stance, keeping low and getting ready to shoot. **2/3:** Open your opponent's right elbow and drive forwards to attack their right leg. Isolate their leg and keep your head tight against their ribs. **4:** From here, come up onto your feet, at the same time move your right hand to control your opponent's left thigh. **5/6/7:** Keep driving forwards with your head in your opponent's ribs, at the same time sweeping their legs from under them with your hands to finish the takedown.

FIREMAN'S CARRY

1: You are in your wrestling stance, keeping low and getting ready to shoot. **2:** Open your opponent's right elbow and drive forwards to attack their right leg. **3:** As you drive towards your opponent, turn your back towards him to arrive in a fireman's carry position with control of the right side of their body. **4/5:** Drop your left shoulder to throw your opponent to the mat. **6/7:** Circle to your right hand side and arrive in a tight side control as pictured.

SHEDDING THE GI

LYUBO KUMBAROV

Showcasing some of his favourite takedowns inside this wrestling special of 'Shedding the Gi' is Lyubo Kumbarov!

Lyubo is a four-time Bulgarian National Freestyle Wrestling Champion, which earned him a full sports scholarship at Colby College in the United States, where he competed regularly at a high level.

Lyubo's other notable achievements include:

- **Named 'Outstanding Wrestler' in Iowa Central, 2006 – winning his division at the National Duals in Cedar Falls, Iowa**
- **Second place at the Rocky Mountains Nationals in Denver, Colorado, 2007 – fighting in a weight division above**
- **East Coast National Champion – Long Island, New York**

FIREMAN'S CARRY TO CRADLE

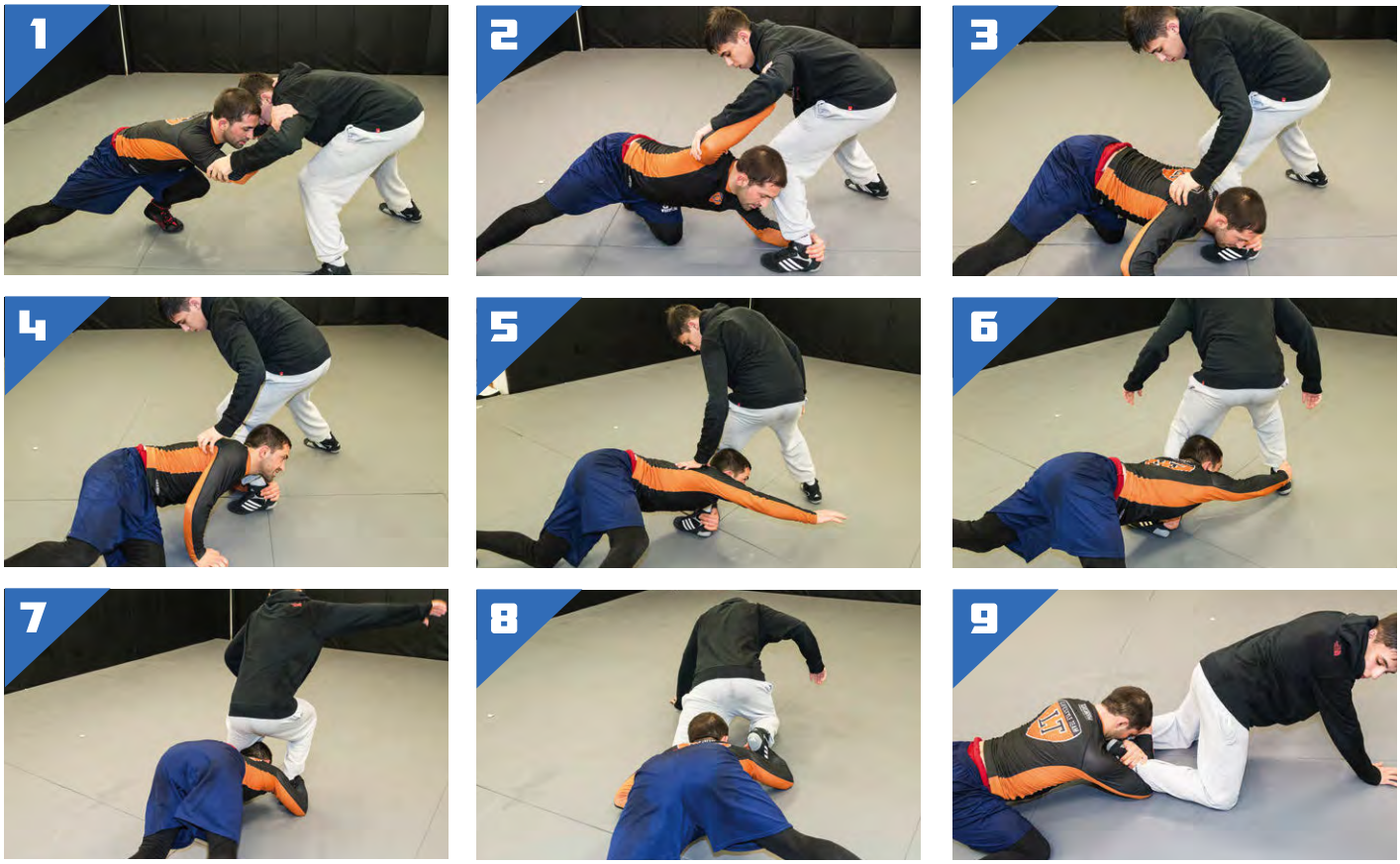
1: You have established control of your opponent's head under your right arm as pictured. **2/3:** Open your right elbow and explode forwards, driving your left knee to the mat and controlling your opponent's left leg with your left arm. **4/5:** You are now in a great position to perform the fireman's carry, dumping your opponent over your right shoulder. **6:** Once your opponent hits the mat, lock your hand off to secure the cradle. The cradle makes it very hard for your opponent to move or escape.

LOW SINGLE ANKLE PICK

1: You are in a very low stance and it would be difficult to attack with a regular single leg takedown, but you can work on an ankle pick. **2/3:** Quickly lower your weight and control your opponent's right ankle with your left hand. **4:** Dive forwards and drive your shoulder into your opponent's right shin. **5/6/7:** Keep driving forwards and circling to your right to complete the takedown.

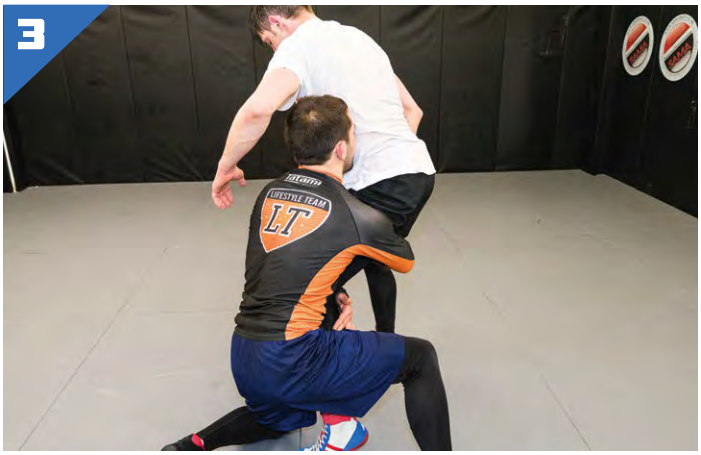
LOW SINGLE ANKLE PICK TWO

1: You are in a very low stance and it would be difficult to attack with a regular single leg takedown, but you can work on an ankle pick. **2/3:** Quickly lower your weight and control your opponent's left ankle with your left hand. At the same time, bring your shoulder across your opponent's shin, with your head on the outside of their leg. **4/5/6:** Keep circling to your right until you gain a grip on your opponent's right ankle with your right hand. You now have control of both of your opponent's ankles. **7/8/9:** Drive your shoulders into your opponent's calves to make them hit the mat. Keep a solid control of their feet so they cannot stand back up.



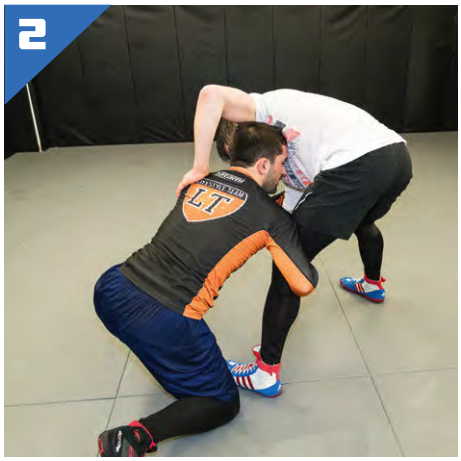
SINGLE LEG ATTACK AGAINST BIGGER OPPONENTS

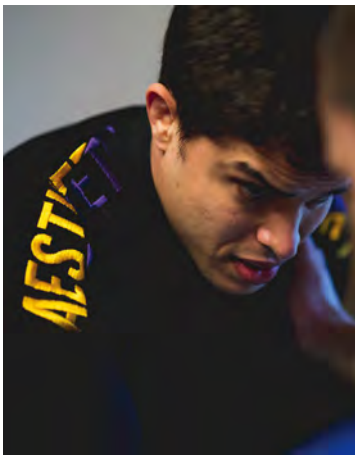
1: You are in your wrestling stance, keeping low and getting ready to shoot. **2/3:** Drive forwards and isolate your opponent's left leg. You now have both hands controlling your opponent's left leg and your head is driving into their ribs. It is important to note that you must "turn the corner" and move towards your opponent's left hand side so that you're not trying to shift them head on. This helps against bigger opponents. **4:** From here, notice that your arms are extremely tight around your opponent's leg. **5:** Drive your hips forward to lift your opponent off the mat. This will be much easier than you think, and your opponent will feel very light. **6/7/8:** Keep driving your hips forwards and move your opponent into the air. Bring them back down to the mat and finish the takedown.

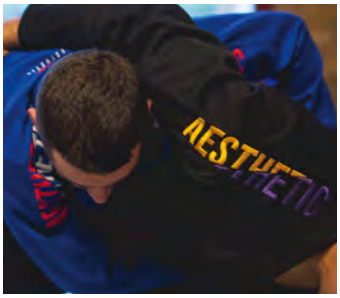


SINGLE LEG ATTACK

1: You are in your wrestling stance, keeping low and getting ready to shoot. **2/3:** Drive forwards and isolate your opponent's left leg. You now have both hands controlling your opponent's left leg and your head is driving into their ribs. **4:** Switch your left hand down towards their ankle. **5/6:** Step backwards with your left leg and bring your opponent's leg all the way up to shoulder height. **7/8:** Next, switch your left hand back underneath your opponent's left foot and bring their leg onto your left shoulder. **9/10:** From here you can kick your opponent's right foot from underneath them to bring them to the mat. **11/12:** Secure a cradle grip to stabilise the position.





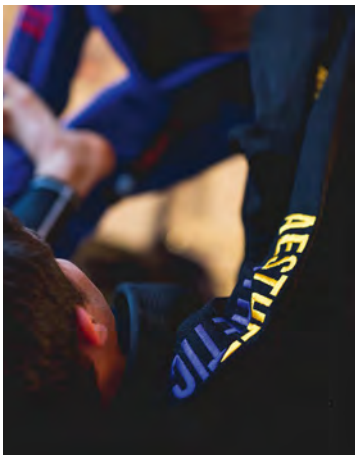


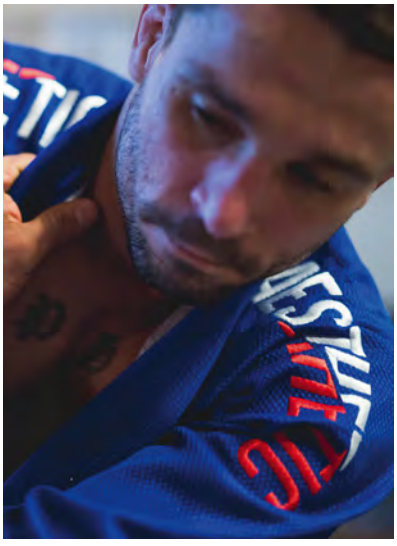
THE ALPHA AND AURORA
KIMONO COLLECTION
COMING SOON

JOIN OUR MAILING LIST
FOR EXCLUSIVE NEWS

FIGHTAESTHETIC.COM

FIGHTAESTHETIC



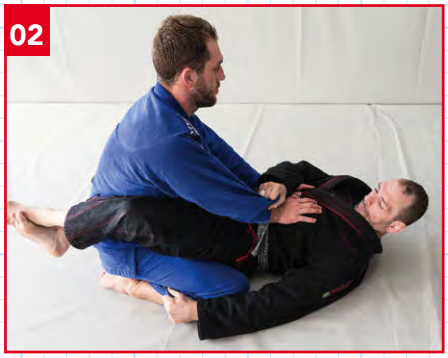


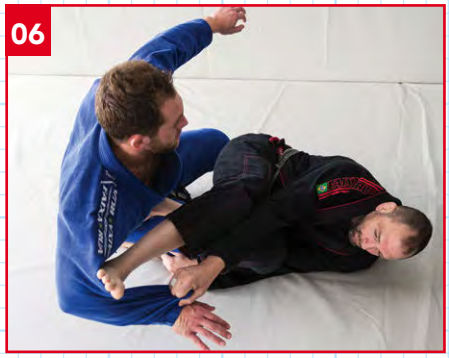
TECHNIQUE

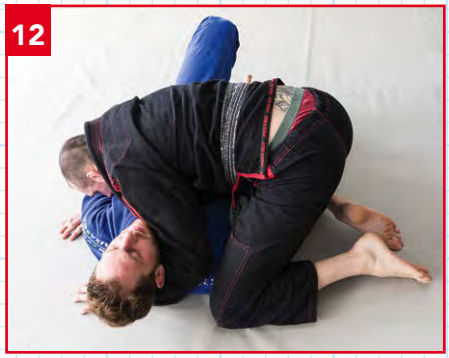
SLEEVE AND TROUSER GRIP SWEEPS

SWEEP ONE

1/2: You are in the closed guard and have gained a trouser grip and a cross sleeve grip. **3:** Bring your left foot onto your opponent's right hip. **4/5:** Next, bring your right foot onto your opponent's right bicep. **6/7:** Push on your opponent's bicep and turn your body towards your left to start the sweep. **8:** Put your head on the mat to tripod for extra base, bring your left knee under your hip for support **9:** Slide your right foot over your opponent's right bicep and sit into the space you've created, keeping tight control of your sleeve and trouser grips. **10:** Let go of your sleeve grip and block your opponent's hip with your right elbow. **11/12:** Turn back into your opponent with a tight cross-face to secure the position.





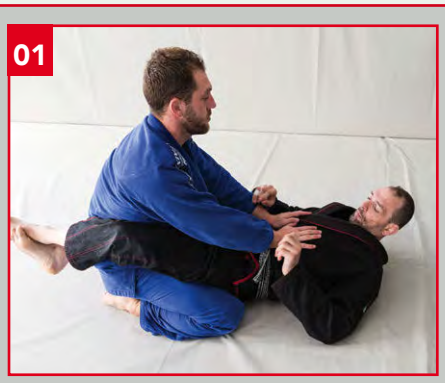


WITH NICK BROOKS

IT'S VITALLY IMPORTANT FOR YOU TO HAVE GAINED THE GRIPS YOU WANT BEFORE YOU LOOK TO OPEN YOUR GUARD. THIS SERIES OF SWEEPS AND ATTACKS ARE FOCUSED AROUND GAINING A SLEEVE AND TROUSER GRIP ON THE SAME SIDE OF YOUR OPPONENT, ISOLATING ONE SIDE OF THEIR BODY AND OPENING UP SOME GREAT SWEEPS AND SUBMISSIONS.

OPEN MAT RADIO.COM

SPONSORED BY:

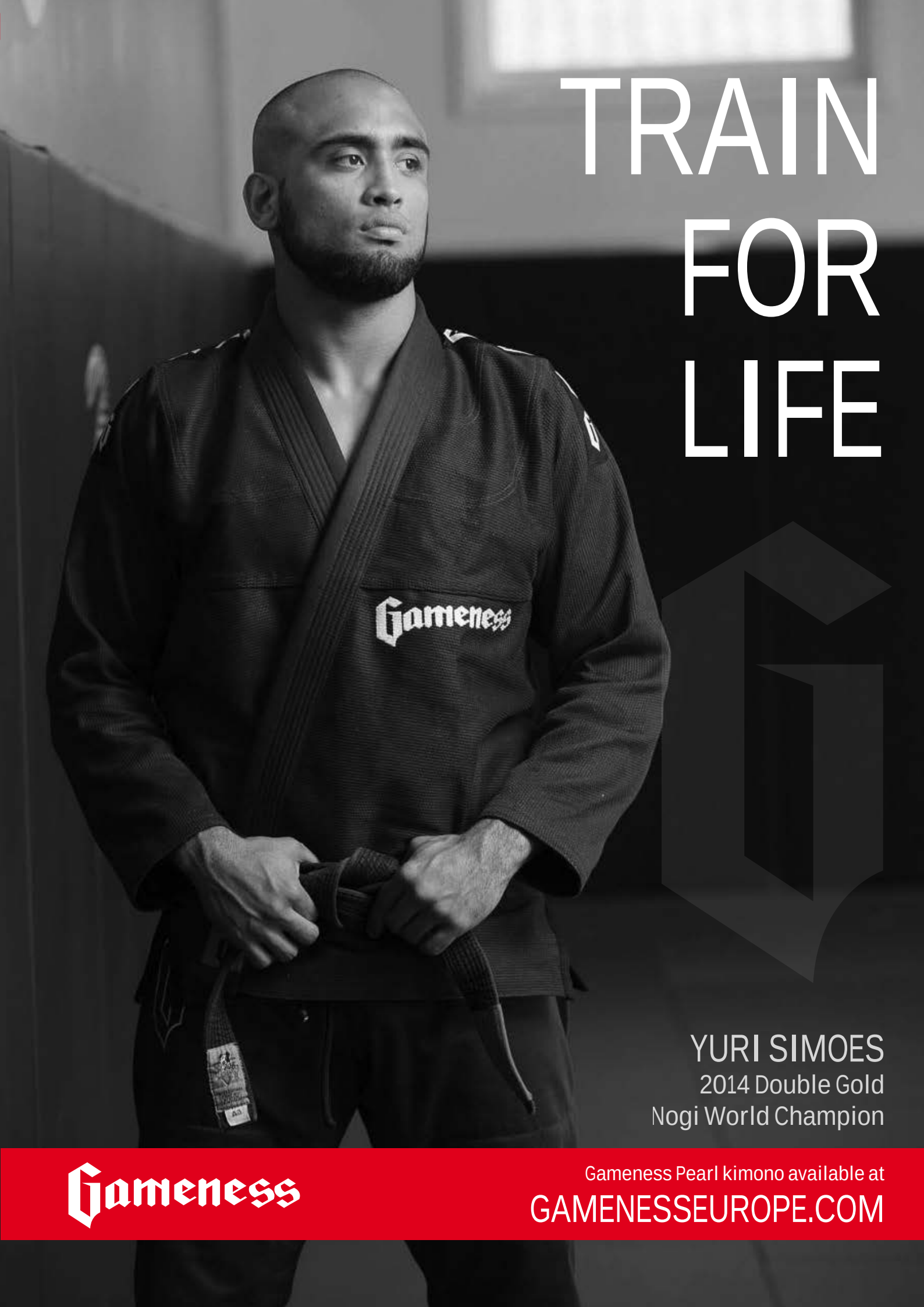


OMOPLATA

1/2: You are in the closed guard and have gained a trouser grip and a cross sleeve grip. **3:** Bring your left foot onto your opponent's right hip. **4/5:** Next, bring your right foot onto your opponent's right bicep. **6:** Lift your hip upwards and slide your left foot over their arm. **7/8/9:** Switch your hips and drive your left leg downwards, while pushing your opponent's right leg away from you to flatten them out. **9:** Let go of your opponent's sleeve and control the collar behind their neck with your right hand. **10:** Let go of the trouser grip and reach under your opponent's armpit with your left arm. **11:** Link your hands together to finish the submission.

SWEEP TO MOUNT

1: You are in the closed guard and have gained a trouser grip and a cross sleeve grip. **2:** Bring your left foot onto your opponent's right hip. **3/4:** Next, bring your right foot onto your opponent's right bicep. **5/6:** Lift your hip, then slide your right foot over your opponent's right arm while pulling their sleeve towards you. In a fluid motion, turn to your knees. **7/8:** Maintaining momentum, slide your left leg forwards and sit backwards to off balance your opponent. **9/10:** Once your opponent's back hits the mat, control their left knee to prevent them turning towards you. **11/12:** Step over your opponent's legs to arrive in the mount.


TRAIN
FOR
LIFE
Gameness
YURI SIMOES
2014 Double Gold
Nogi World Champion
Gameness
Gameness Pearl kimono available at
GAMENESSEUROPE.COM

WHY NOT SUBSCRIBE?

OUR BEST SUBSCRIPTION RATES EVER!

FREE DIGITAL WITH PRINT SUBSCRIPTIONS!

ISSUE 27 will be on UK newsstands from July 17th. Subscriber copies will be posted from July 10th.

SUBSCRIPTION PRICES:

You can now pick up an annual subscription to Jiu Jitsu Style from:

UK: £18 including p&p

EUROPE: £29 including p&p

ROW: £33 including p&p

ANNUAL SUBSCRIPTION & JIU JITSU STYLE T-SHIRT BUNDLES!

Pick up an annual magazine subscription and one of our awesome new t-shirts from just:

£25 INCLUDING POSTAGE!

VISIT WWW.BJJSTYLE.COM FOR MORE INFO

DOWNLOAD YOUR COPY IN DIGITAL

Search 'JIU JITSU STYLE' on your smartphone or tablet.

PREVENTION IS BETTER THAN CURE

UNDERSTANDING PSYCHOLOGICAL RISK FACTORS FOR INJURY

In the last issue of Jiu Jitsu Style we considered the psychology of recovering from an injury. But more often than not, prevention is better than cure. So what can we do to reduce the risk of getting injured in the first place?

Sport injuries are largely physical in nature so you might think that they always have a physical cause, right? Not necessarily so. There are psychological and social factors which can also increase your risk of injury. These factors fall into two main categories: Those that lead to acute injuries which involve a sudden trauma, such as a dislocation, tearing a muscle or rupturing a ligament, and those that lead to chronic injuries which developed over time through over-use, such as stress fractures or tendonitis. (This may be an oversimplification but for the purposes of this discussion, it works).

Your mental state while doing BJJ is clearly linked to the likelihood of acute injury. Performance anxiety is the most obvious psychological factor contributing to injuries like this. Anxiety has both cognitive and somatic symptoms. The mental effects of anxiety can lead to a narrowed attentional focus or to distraction, which mean that you might miss important performance-related cues. You might not notice that your opponent is going to shoot for a takedown, you fail to react with a sprawl and end up popping your knee as a result of the impact. Performance nerves can also affect your technique, timing, and change the biomechanics of your normal movements. Extra muscle tension, for example, can cause you to land awkwardly after being thrown and to injure your shoulder on impact with the ground.

On the flipside, being overly self-confident can also be a factor for injury because you're more likely to take risks during sparring or a competition match. That flying armbar might seem like a great idea until you land on you head and hurt your neck!

The 'take-home message' here is that we need to carefully monitor our psychological state when practising BJJ, and take steps to manage it when it's less than ideal. Anxiety management such as physical relaxation methods, breathing techniques and cognitive restructuring (where you modify your internal dialogue to be more helpful) can all help to reduce nerves to a more positive level. As far as over-confidence goes, this is less likely to be a problem for many of us. Nevertheless, we can all get an accurate picture of our current skills and performance by seeking supportive yet honest feedback from our instructors and training partners.

Over the long term, socio-cultural factors can create a willingness to engage in unhealthy behaviours that can lead to injury. There is long history of research linking certain motivational patterns with overtraining and athlete burnout.

"THERE IS LONG HISTORY OF RESEARCH LINKING CERTAIN MOTIVATIONAL PATTERNS WITH OVERTRAINING AND ATHLETE BURNOUT"

High levels of motivation can lead to lots of hard training without athletes giving themselves enough time to recover – a sure-fire recipe for developing over-use injuries. Sometimes pressure to perform can come from the BJJ players themselves (e.g. from a tendency towards perfectionism) or perceived pressure from others (be they coaches, team mates or sponsors). A 'no pain, no gain' culture within an academy can also lead to athletes minimising the seriousness of their injury and continuing to train when they really should take a break and seek treatment.

Much of the research investigating the psychological risk factors for sports injury has approached the question from a perspective of stress. You might never have considered it this way before but exercise such as Brazilian jiu jitsu involves both physical and mental stress. Often this is good stress which prompts us to grow, adapt and improve. Problems arise, however, when the level of stress exceeds our ability to cope with it. It's easy to think of injury risk factors just within the BJJ context but often events in other areas of our lives impact on our ability to deal with the intensity of jiu jitsu training. If all of our energy is going into big life changes like getting married, moving home or changing jobs, the coping resources we have left over for BJJ training might be limited.

This has implications for BJJ players and instructors alike. Coaches need to understand how the mental and physical stress of life events increases the risk of injury. Even being aware of this is a good start and will help instructors to avoid putting undue pressure on their students. Valuing a student as a whole person rather than just as jiu jitsu machine will help them take a more holistic approach to a student's well-being.

Of course, it's also up to us as jiu jitsu students to communicate with our coaches and professors, and help them take account of our needs when managing our training. Since positive coping strategies and social support have also been shown to minimise the risk of getting injury, it is important right now (before getting injured) to think about whether the ways we cope are adaptive rather than maladaptive. Even basic self-care strategies like getting enough sleep, a healthy diet and talking to others about the challenges you're facing are more likely to help than avoiding problems, throwing yourself into your training even more or turning to alcohol.

Given the range of physical, environmental, social and psychological causes of injuries in BJJ, preventing them requires a multi-faceted approach. We can't focus on one aspect to the detriment of others. Remembering that injury also has a mental element can help us to take steps to minimise our risk even further, and keep us enjoying jiu jitsu over the long term.

Dr Rebecca Hill is a Sport and Exercise Psychologist chartered by the British Psychological Society, and an Education Adviser at the University of Exeter.

She is a black belt competitor under Professor Victor Estima and is a current European champion. Rebecca blogs about sport psychology and BJJ at www.rebeccalhill.com.

BATTLE GEAR ARMOUR KIMONO
£60
www.battlegearbjj.com

BATTLE GEAR T-SHIRT
£12.50
www.battlegearbjj.com

SCRAMBLE "WARRIORS" T-SHIRT
£29.99
www.scramblestuff.com

KIT BAG

TATAMI FIGHTWEAR MIKE FOWLER GI
AVAILABLE JUNE
www.tatamifightwear.com

HAYABUSA METARU RASHGUARD
£47.50
www.hayabusafightwear.co.uk

SUBMISSION FC RASHGUARD
$64.99
www.submissionfc.com

EXCLUSIVITY OF FIGHTERS

HANNAH GORMAN

Garry Tonon has been at the forefront of jiu jitsu discussions recently since he revealed his reason for not competing at the upcoming Metamoris 6 event. Garry released a statement on his Facebook page stating that he had been offered an exclusivity contract by the organiser of Metamoris, Ralek Gracie. He turned down the fight with UFC's Joe Lauzon as he felt an exclusivity contract would neither benefit himself or the growth or sport jiu jitsu. His statement sparked a response from Ralek, who claims the contract offered Garry $140,000 a year with opportunities for sponsorship deals and bonuses for winning.

This has sparked further discussion on whether signing fighters to an organisation limits their professional grappling opportunities or enhances their profile and ultimately, produces a cohort of fighters who are truly 'professional athletes' paid to compete - something our sport is still lacking.

I've taken a look at the pros and cons of athletes signing exclusivity contracts.Copa Podio already uses this model of signing athletes (such as Leandro Lo).

PROS

Income: The big one, right?

Without a doubt, one of the biggest factors preventing Brazilian jiu jitsu from churning out full time professional athletes is the lack of a governing body that pays athletes. The likes of Rafael Mendes, Michelle Nicolini and Andre Galvao are all multiple time world champions yet none of them have ever received any prize money. Despite these champions being full time competitors and instructors, there are very few opportunities for them to win cash prizes when competing.

People talk about the 'jiu jitsu lifestyle' and how it would be the dream to train and compete full time. Well, as yet, there isn't the support available from the main competition organisers for athletes to be able to do that. Most make an income from running an academy full time, as well as hosting seminars. They compete for the status they need in order to attract people to their academies and seminars. What Metamoris and Copa Podio (who already use the model of signing athletes to their organisation) are offering is a chance to be a full time competitor, without relying on instructing and seminars as the main sources of income. If the money is right, it would mean that people really could live the dream and earn their living by being full time competitive athletes, just like athletes within other sports.

Consistent Exposure

The exclusivity of fighters to these events ensures they will get consistent exposure, putting these fighters at the forefront of sport jiu jitsu as well as keeping their sponsors happy. Another positive aspect of the exposure is that fighters would be more likely to secure seminar bookings and sponsorship opportunities.

Guaranteed Awesome Fight Cards

Signing the best talent within sport jiu jitsu would ensure each and every match up was a must see event. A cocktail of the best athletes, no matter how they are mixed up, can't fail to produce amazing match ups that the fans will want to see!

CONS

Staleness of Fight Cards

What gets most people excited for an upcoming event like Polaris or Metamoris is the speculation about the fighters on the card. Knowing who all the fighters are beforehand may dampen that element of excitement when the individual match-ups are announced. I guess the organisation would have to sign fresh new talent frequently in order to prevent the event getting a bit stale. This may mean that underperforming athletes could potentially be dropped from the organisation (much like in the UFC).

Take Garry Tonon for example; currently he is free to hop from Metamoris to Polaris to EBI, as he pleases. If he loses a fight (bear with me, I know that seems unlikely!) it's no big deal. He could compete in another event and move around. Now, say he was signed to an organisation and he lost. He faces the potential of being dropped along with the added stigma that goes with it. Other organisations may hesitate to sign an athlete who has been dropped by a rival organisation as they may feel that identifies them as second best to the original organisation.

Not Competing Against Athletes (in other formats)

Not all of the sub only events run under the exact same format. There are still intricate differences between the main organisations. The freedom for athletes to be able to compete in different formats gives them the chance to test their abilities in different ways. It also offers the viewers a chance to see how each athlete performs under different rules sets. Having athletes sign to one specific type of event limits them not only from competing in different formats, but from competing against different people. If Garry had signed with Metamoris we could never know the outcome of a Garry Tonon, vs Leandro Lo sub only fight, as each are signed to separate organisations. How would we know who was the best?

Restricted Exposure and Control Over Sponsors

In Ralek's statement regarding Garry Tonon, he mentioned the opportunity for sponsorship packages. Sounds cool, but what if you had an existing sponsor? Would they have to suddenly sign up to terms and conditions, or would the athlete be encouraged to sign with a different sponsor that the event endorses, like Reebok within the UFC?

Lack of Freedom to Compete Where and When the Fighter wants

Metamoris is in California, Polaris in the UK and Copa Podio in Brazil. The chance to travel the world to compete in events is one of the most enticing aspects of being a Brazilian jiu jitsu competitor. Being restricted to one event, limits the potential to travel. If you're not travelling, you may be less likely to secure new seminars in new places. It may directly affect your ability to make money from seminars and to meet and train with affiliates.

Exclusivity deals may start to become more popular as up and coming athletes are determined to live the dream and compete full time. Whilst one of the largest BJJ federations (whom I shall not name!) continues to charge world champions to compete, and refuses to reward them for becoming champions, it is likely that a percentage of athletes will start to look for alternative competitions and organisations to compete under: events where they rightfully earn cash prizes and the opportunity to travel. Signing an exclusivity contract is the athlete's personal decision, and whilst some support Garry for his decision, there will be others who jump at the chance.

We will just have to watch this space!

BREAKBJJSURF.COM

BREAK®
SURF & JIU JITSU CLOTHING

PROTEIN

THIS ARTICLE IN THE MACRO SERIES IS ALL ABOUT BROTEIN! SORRY, I MEAN PROTEIN...

Protein is probably the most popular and most talked about macronutrient, often being the focus of those gentlemen in the gym that do bicep curls and bench presses till they look like Quasimodo with a protein shaker in their hand. This has led to protein sometimes being referred to as 'Brotein' in certain circles.

BUT DOES THIS MEAN IT SHOULD BE IGNORED?

Absolutely not!

While protein is often over emphasised by many (especially for athletes) it is still highly important for growth and repair of tissue in the body. When many people think of protein, they often just think of it purely in terms of muscle growth. However, it has many uses in the body, such as healing tendons, helping hair and nail growth and improving all round recovery.

As a macro nutrient, protein is defined as:

"Any of a class of nitrogenous organic compounds which have large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms, especially as structural components of body tissues such as muscle, hair, etc., and as enzymes and antibodies."

The purpose of this article is to give you a better insight into how you can incorporate protein into your current nutrition plan; how much to have and when to have it. For the purpose of this article I am going to focus on how protein helps you to recover from training, grow and repair muscle tissue and reduce soreness. As mentioned, protein does a lot more than this but that would turn this article into a bit of a novel!

SO, HOW DOES PROTEIN WORK?

Basically, when you exercise using a form of resistance (say, weights, bands, or some other dude trying to pull your arm off) you cause small, micro tears in the muscle fibres. To recover from this your body repairs the tears with new tissue. To do this your body needs protein. When you ingest protein, your body breaks down the protein into amino acids. It is these amino acids that are shuttled to your muscles and used to repair the muscle fibres (this is a very simple way of explaining it).

HOW EXACTLY DOES THIS BENEFIT YOU WHEN TRAINING BJJ?

When you have had a tough training session, you know it. It seems that everything hurts the next day. Your muscles, your joints, hell - even your fingers hurt. This is because you have basically done damage to your joints, muscles and tendons through hard training. You need to ingest protein so that your body can repair all this damage as fast as possible. The faster your body can repair you, the faster you can get back on the mat. I'm sure that you have tried to train whilst feeling sore in the past. You feel slow, weak and you can't execute your techniques as well. However, when you are fully rested and healed, you feel great! Protein plays a massive part in this. The better you feel in training, the better you will perform, the better you will get!

SO HOW MUCH PROTEIN SHOULD YOU BE TAKING IN?

This all depends on the person and their goals. Most people are stuck in bodybuilding dogma and think that they need ridiculous amounts of protein in their diet. While athletes do need a higher amount of protein in their diets, they do not need as much as body builders who are trying to gain the maximum amount of muscle mass possible. For most clients I like to start them on 1g of protein per pound of body weight. So, let's say you weigh 80kg, it would look like this:

80 x 2.2 = 176lbs (conversion to turn kilograms into pounds)

176lbs = 176g of protein, every single day

To be honest I would round this up and have the individual take in 180g of protein. Now if the individual was trying to go up a weight class I may increase that a little bit. As I said in my previous article, all macro calculations are highly individual and this is just a starting point to adjust as time goes on (based on your results).

The trick is to find the amount that suits you. For example, if you were not training that hard or were on the smaller side (and not looking to add muscle mass due to weight categories etc.) then you could lower this a little. I will say however, that it is very rare for me to go below the 1g per pound recommendation, even with female clients. I have found that people simply recover, perform and feel better at this amount.

OK; WHAT ABOUT SOURCES? WHICH ARE BEST AND WHERE SHOULD THEY COME FROM?

Well, before I list my favourite protein sources for clients I will say that the source of your food is now becoming just as important as your choice of food. For meats and fish I would always stick to your local butcher or ensure that your supermarket butcher can tell you where the animal has come from and what it was raised on. This last bit is important! Free roaming animals that are allowed to eat their natural food choices (grass for cows, worms and bugs for chickens etc.) not only taste better but are filled with more micronutrients and less toxins. Sometimes the phrase isn't, "You are what you eat" but in fact, "You are what you eat, eats".

See my favourite sources of protein on the opposite page:

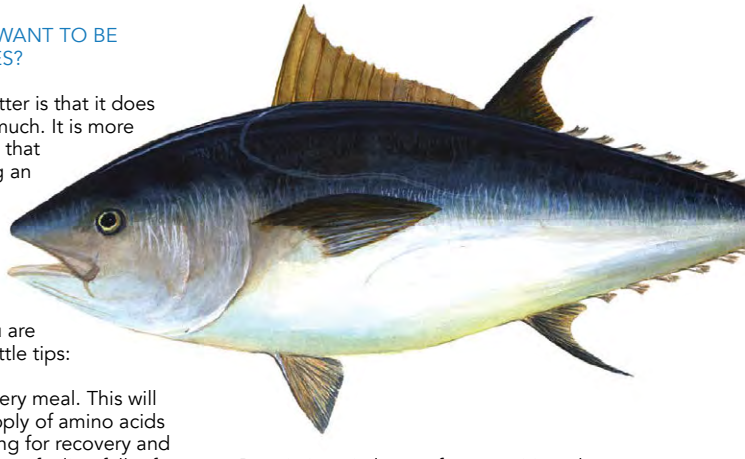
(Whey protein powder includes other types, such as casein and hydrolysed/peptided casein).

While this is a pretty short list, I'm sure that most of you know by now what a good protein source is (if it runs, swims or flies you're good. If it comes out of a can or cardboard box, leave it). Think outside of the box a little bit. It is very easy to get more exotic forms of meat these days and very often they are very good for you (and in some cases, better). For example, horse and bison are types of red meat but they are very low in fat while still being high in protein and many other vitamins. Organs such as liver and kidneys are nutritional power houses that have far more to offer than just protein.

I am sure that some of you reading this are also vegetarian and wondering why I have not included many that fit your lifestyle. The truth is, it is hard for vegetarians to get complete sources of protein in a single food and often have to combine different types of protein to get all of the recommended amino acids. This however, is an article for another day.

- BEEF
- WHEY PROTEIN
- CHICKEN
- LIVER
- KIDNEYS
- TUNA
- SALMON
- COD
- MONK FISH
- EGGS
- MACKEREL
- PORK
- LAMB
- PRAWNS
- BISON
- TURKEY

SO WHEN DO YOU WANT TO BE EATING WHAT TYPES?



The truth of the matter is that it does not matter all that much. It is more important to ensure that you are firstly getting an adequate amount of protein every single day before you start to worry about the minutia of nutrient timing etc. However, if you are confident that you are doing this, here are a few little tips:

Have a protein source at every meal. This will help to keep a constant supply of amino acids in your bloodstream (allowing for recovery and growth) and will help keep you feeling fuller for longer. You don't have to eat every 2 hours as some sources will tell you, but making sure you have your total protein amount spread over your meals will certainly help.

Focus on having very fast digesting proteins around your workouts. This will ensure that you get the required nutrients when you need them. For more information on which protein types act the fastest, take a look at my article back in Issue 19 on protein types.

Have a look at the digestion times of protein sources so that you don't get an upset stomach when training. For example, red meat with a lot of fat in it takes a lot longer to digest than a lean protein like chicken breast or white fish. So if you know that you have training within the next hour or so, it might not be the greatest of ideas to slam back that 12oz rump steak with sweet potato fries! Save the fatty red meat for after your training and before bed to help sleep and testosterone production (vital for health, recovery and performance).

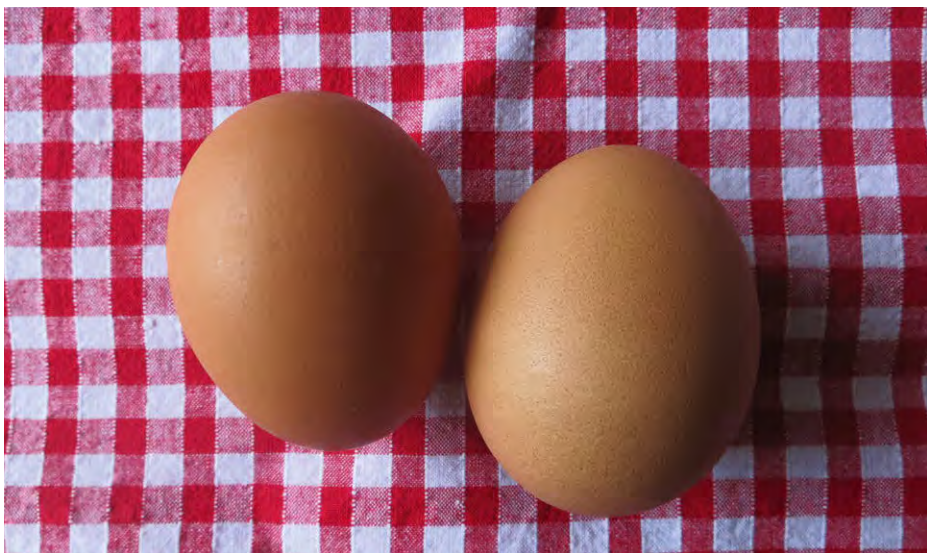
Protein is a vital part of any nutrition plan, not to mention being totally delicious! Make sure that you have a wide range of protein sources in your diet and that you rotate them regularly. Some people (like me) can eat the exact same thing every day for months on end and not mind at all. Some people like a lot of variety and prefer to change things up often. One is not better than the other, but I would say that a few changes every month or so will help to ensure you are getting a wide range of nutrients that will only help your performance on the mat.

In the next issue, I am going to be talking about fat. Fat has taken a bad rap since the 1980's when a lot of people were put off it for life thanks to being misled by bad science. Fat is a brilliant macro nutrient (especially if you want to lose fat) and has a ton of benefits as well as being vital to your health!

See you next issue!

Stay healthy,

Mike



Unorthodox Nutrition work with athletes worldwide, from local stars right the way through to UFC fighters, Premiership Footballers and World Champions. They specialise in helping combat athletes lose fat and gain muscle so that they can operate to the maximum of their potential during training and competition.

FOR MORE INFORMATION VISIT WWW.UNORTHODOX-NUTRITION.COM

FIT 2 FIGHT

DEAD LIFTS WITH ANDY MARSHALL

WHEN PEOPLE ASK ME HOW TO GET STRONG, THE FIRST THING I ASK THEM IS IF THEY DO DEADLIFTS. IF YOU ARE TRYING TO GET STRONG/BIG, BUT AREN'T INCLUDING DEADLIFTS IN YOUR PROGRAM YOU ARE WASTING YOUR TIME. THERE IS SIMPLY NO MORE EFFECTIVE MASS BUILDING EXERCISE THAN THE DEADLIFT. FROM YOUR NECK TO YOUR CALVES, NEARLY EVERY MUSCLE IN YOUR BODY GETS ACTIVATED AND RECEIVES A POWERFUL GROWTH STIMULUS FROM DEADLIFTS.

Not only is the deadlift the most effective strength building exercise there is but it is also the most basic, and has the greatest carry-over to the real world. There aren't many times in life where you would lie down on your back and press a weight up over your chest unless it's bench press day. But hardly a day goes by when you don't bend down and pick something up off the floor, and that is what you do when you deadlift. So it trains you for real life situations and helps to prevent the oh-so-common lower back problems that plague hundreds of thousands of adults due to incredible weakness. The bottom line for all skinny guys and aspiring monsters is that if you want to know how to gain strength and weight, you gotta learn how to deadlift.

Although the deadlift works the entire body from head to toe, it is especially effective at building huge traps, upper back muscles, spinal erectors, glutes, hamstrings and forearms. Plenty of pumped up bodybuilders have the big pecs and biceps, but a deadlifter stands out from the crowd, looking powerful and intimidating with the mountainous traps and thick muscled upper and lower back.

PICTURE 1: To perform a proper deadlift, stand directly over the bar with your shins nearly touching it and feet approximately hip width apart.

PICTURE 2: Squat down by breaking at the hips and pushing your glutes backwards. Keep your back tightly arched, chest up and head in line with your spine. Your upper body should be at a 45 degree angle in relation to the ground.

PICTURE 3/4: When you lower the weight, be sure to begin by pushing your glutes back before you squat down. After the bar clears your knees, squat down while maintaining a tight arch in your lower back, allow the weights to touch the floor and repeat.

One mistake many beginners make when deadlifting is that they try to control the eccentric or lowering portion of the exercise. This leads to injuries. Stay tight and lower the weights quickly, but under control. You will often see even advanced lifters drop a deadlift quite quickly and loudly between reps. This is because they know the danger associated with a slow deadlift. Treat a set as a bunch of singles until your form is tight enough to do "touch and go" reps.

"IF YOU ARE TRYING TO GET STRONG/BIG, BUT AREN'T INCLUDING DEADLIFTS IN YOUR PROGRAM YOU ARE WASTING YOUR TIME"

Also, be sure to always deadlift with bare feet. If this doesn't fly with the gym owner, go with deadlift slippers or Converse, but never running trainers.

Remember - a lot of deadlifts lead to huge, muscular physiques. If there was only one thing I could teach you about how to gain strength that would be it.

Now get to the gym and start pulling some big weights.

rock the croc rashguard

punchstrong rashguards
get yours at
www.punchstrong.com

10% discount code
JJS10

: www.facebook.com/punchstrongcom
: instagram.com/punchstrong
: @PunchStrong

PUNCH STRONG .COM

it's a way of living

GIVEAWAY

WIN

A GRIPS ATHLETICS LIMITED EDITION CYBORG KIMONO!

Grips Athletics have offered-up one of their awesome new limited edition Cyborg kimonos for our latest giveaway!

As with all Grips Athletics' products, the Cyborg gi features COOLMAX® padding on shoulder and crotch areas to keep you dryer, cooler and lighter. Durability is ensured by triple stitching and reinforced double layer patches in key areas, whilst the pre-shrunk fabric allows for long-lasting wear. Knee padding panels and elastic padded pant drawstring provide maximum comfort and security on the mat. The Cyborg limited edition gi is another addition to a line of quality tailor-fitted gis that merge elegance with ultimate performance.

To enter our draw to win this Grips Athletics kimono, all you need to do is answer the following question:

WHO IS THE CURRENT ABU DHABI WORLD PRO MALE ADULT BLACK BELT OPEN WEIGHT CHAMPION?

A) Marcus "Buchecha" Almeida
B) Bruce Lee
C) Floyd Mayweather

Send your answers to bjjstyle@gmail.com with your full name, best delivery address and size information.

Good luck!

Closing date – 9th July 2015. The draw takes place on 10th July 2015 and the winner will be notified by email. One entry per person.

For a full list of Grips Athletics products visit:

WWW.GRIPSATHLETICS.COM

JIU JITSU STYLE REVIEW CORNER

DO YOU WANT YOUR PRODUCTS REVIEWED?
To have your jiu jitsu gear featured in JJS, send us an email at info@bjjstyle.com

AESTHETIC "PURE" KIMONO

Aesthetic Fightwear have really raised the bar in the budget kimono market with the launch of their latest product - "The Pure". This lightweight pearl weave gi comes in at just £60 (including shipping in the UK).

The navy gi features minimalistic branding, with the Aesthetic logo situated on the upper left shoulder section of the jacket and on the lower right leg of the trousers. The two-toned logos offset the navy kimono perfectly, making it a very visually stylish product.

The jacket fit and tailoring are very impressive, and couldn't be further removed from old school, baggy judo gis. Though the design is kept minimal, there's plenty of room for academy patches and this gi is a perfect blank canvas for people looking to customise. The cotton twill pants are secured by a rope drawstring, which is housed by four belt loops.

This was a really fun kimono to train in. Navy gis have always been slightly outlandish, straying away from the classic white and even royal blue, but The Pure manages to appear understated and classy at the same time.

After a month of testing the kimono was holding up very nicely, with minimal shrinkage or colour fading. It is worth noting that this is a lightweight product, which is great for the competitors amongst us. Though light compared to other kimonos, the construction of the jacket and trousers is of a high standard, so you should see decent longevity if used as an everyday training gi.

AVAILABLE VIA FIGHTAESTHETIC.COM FOR £60

BILL COOPER'S FAVOURITE NOGI PASSES

Nogi guard passing can be a tough challenge, and is often a difficult transition for grapplers used to fighting in the gi. Bill Cooper's Favourite Nogi Passes is a great little resource for people looking to expand or add some variety to their arsenal of nogi passing skills.

Bill "The Grill" Cooper is an American grappler and black belt under Ricardo Miller of the Paragon Team. Bill is one of the most exciting fighters of his generation, known for his extravagant, submission orientated style of fighting. As well as medalling at multiple IBJJF events in gi and nogi, Cooper has also fought professional MMA – including two bouts for Strikeforce.

The app is available in the iTunes store and displays great on iPads, iPhones and iPods. It costs £4.99 and includes ten techniques, so it works out at around 50p per technique.

As you'd expect from Bill Cooper, there are some pretty flashy techniques included in this instructional. The "Cooper Tie" and "Boogie Board" passes are good examples of the American's flamboyant style. There are also a number of passing options for when your opponent is in butterfly and sit-up guard, including some pretty awesome kimura grip transitions that have worked really well for us in live sparring.

The production quality is of a very high standard, so you don't have to worry about poor audio levels or shaky camera work. The techniques are filmed at the BudoVideos studio, so everything is shot on a nice clear mat space, with multiple camera angles when appropriate.

Though not the most extensive instructional you will ever download, this is reflected in the price. The techniques Bill shows offer plenty of variety for fighters of all levels, and are sure to keep you amused during your morning commute or before you go to bed.

AVAILABLE VIA THE ITUNES STORE FOR £4.99

CHOQUE, THE UNTOLD STORY OF JIU-JITSU IN BRAZIL VOLUME 2, 1950-1960

Writer Roberto Pedreira continues his *Choque* series of books with Volume 2, covering the history of jiu jitsu in Brazil between 1950 and 1960. As with Volume 1 of *Choque* (1856-1949), Pedreira charts the events, names, places, incidents and stories via exhaustive research through Brazilian newspaper and magazine archives.

The 1950's proved a tough time for the early development of jiu jitsu in Brazil. During this period, judo's rise as an international sport came at the expense of jiu jitsu. Pedreira documents the efforts that Carlos and Helio Gracie went to in order to keep the art in the public eye, including Helio's infamous ring fight against Masahiko Kimura in 1951 – a fight he lost when Carlos Gracie stepped in to halt the fight.

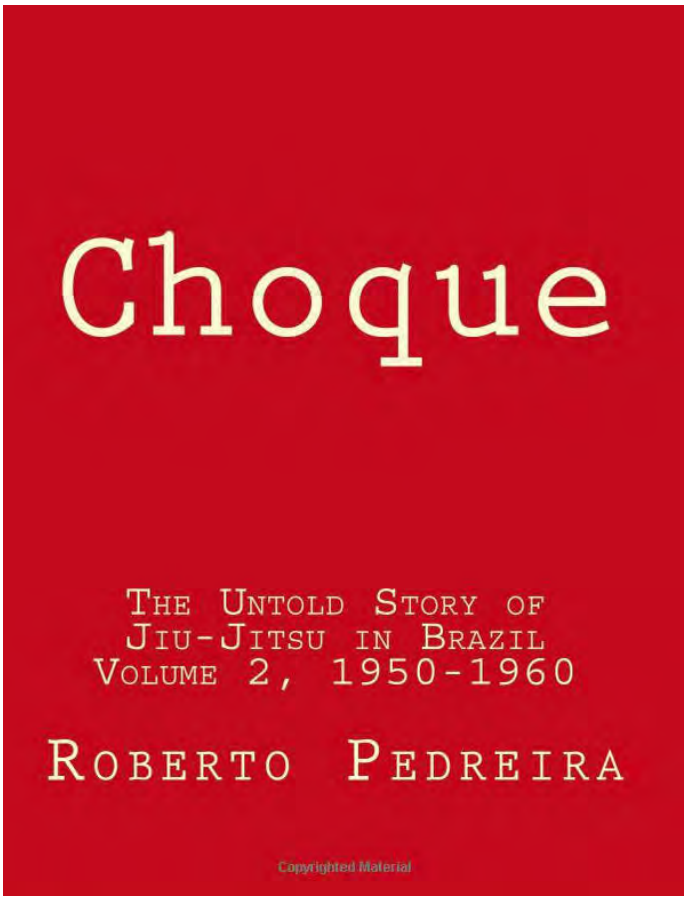
If there is to be one star of the book, of the decade, then it most definitely falls to one individual, Carlos Gracie's eldest son, Carlson. *Choque: Volume 2* follows all of Carlson's numerous ring fights and his long time rivalry with former Gracie Academy student, Waldemar Santana. Carlson, like Helio before him, refused to take part in fixed fights (as was the norm with many fighters at the time). The fights may not have been as crowd pleasingly fun compared with rigged matches, but they cemented his reputation as a pure fighter, ready to meet any challenge.

Another notable, though far quieter and less celebrity hungry star over this decade, is Oswaldo Fada, who learned his jiu jitsu from Luiz Franca, a student of Mitsuyo Maeda. Fada's academy taught everyday working folk and was less prone to publicity seeking compared with the Gracie Academy. Despite this, he led a popular school and taught students who were eager to compete in jiu jitsu rules tournaments. In 1955 the Fada Academy challenged the Gracie Academy to a club v club tournament. Of the fourteen matches, the Gracies won 7, lost 3 and drew 4 – worth noting when reading some reports on the internet that exaggerate the scoreline in Fada's favour.

As the decade drew to an end, the television show *Heróis do Ringue* (Heroes of the Ring) presented to a mass Brazilian audience a showcase of jiu jitsu, luta livre, wrestling and judo. The program aired for a year before finally closing down in 1960. One curious line in the book mentions a female beauty contestant and vale tudo fighter known as Paula Chianca de Caravalho. Nothing more is mentioned of her or her fight but surely she would be one of the earliest female vale tudo fighters of the time?

Choque: Volume 2 follows much the same style of writing as found in Volume 1. There are numerous fight reports, which can get a little repetitive, but each finding and fact is backed up by a reference to the newspaper or magazine in the appendix at the back. Volume 2 improves on Volume 1 as a reading experience mainly because there is more material for Pedreira to work with and that material is written by reporters who have a better understanding of jiu jitsu and the fighters. Pedreira concludes with a titillating teaser for his next book: "all the elements of a blockbuster Hollywood movie, including sex, violence, drugs, hope, tragedy, betrayal and ultimately a happy ending, of sorts…"

AVAILABLE FROM AMAZON UK £14.53 PAPERBACK (£6.49 KINDLE EDITION) AMAZON USA: $22.20 ($9.95 KINDLE)



PUNCHSTRONG "ROCK THE CROC" RASHGUARD

PunchStrong is a relatively new brand on the market, focusing on BJJ, MMA, karate and positive motivation. Their branding is bold, colourful and "in your face", so we couldn't wait to get our hands on their new "Rock the Croc" rashguard.

As the name suggests, this rashi is crocodile inspired! The main front chest section features a scaly, reptilian underbelly, while the back includes crocodile skin print all over, with only the arms left uncovered. The sleeves are black, with the left arm including an illustration of a crocodile wearing punching gloves – pretty epic. The company logo consists of a huge pink fist and PunchStrong wording, and this logo sits prominently on the front of the rashguard. All design elements are sublimation printed, so no issues with logos etc. rubbing off after washing.

The rashguard itself was very comfortable to wear during training and didn't ride up around the waist or dig in under the armpits. Reassuringly, there were no signs of dimpling or loose threads after a month of testing and washing, which vouches for the product quality. It is worth noting the design is only available as a short sleeve product, which suits us just fine, but long sleeve fans may have to miss out on this occasion.

All in all this is a really fun product to wear and is sure to resonate with a big portion of the jiu jitsu community. At £34.99, it's also very reasonably priced.

AVAILABLE VIA PUNCHSTRONG.COM FOR £34.99

International distributors,
retailers, clubs, academies
& instructors welcome
Please get in touch

WWW.BATTLEGEARBJJ.COM

Battle Gear

BRAZILIAN JIU JITSU KIMONOS

PREMIUM QUALITY

MADE WITH PRIDE & TRADITION

ARMOUR

KIMONO

[BUILT FOR WARRIORS]

http://www.facebook.com/battlegi

#battlegearbjj

enter 'JJSBATTLE5' during checkout to get 5% discount

JIU JITSU STYLE

PURCHASE SINGLE ISSUES AND SUBSCRIPTIONS OF JIU JITSU STYLE

READ YOUR PURCHASED TITLES ON IPAD, IPHONE, IPOD TOUCH, ANDROID COMPATIBLE DEVICES, PC, MAC AND KINDLE FIRE

SEARCH FOR 'JIU JITSU STYLE' IN THE APP STORE, AND TAKE YOUR FAVOURITE MAGAZINE WITH YOU WHEREVER YOU GO

DOWNLOAD THE APP AND 30-PAGE TASTER ISSUE FOR FREE!

RAY STEVENS ACADEMY

Olympic Judo Silver Medalist • Roger Gracie Brazilian Jiu Jitsu Black Belt

WWW.RAYSTEVENSACADEMY.CO.UK

ENQUIRIES@RAYSTEVENSACADEMY.CO.UK

07753606172 / 07956676452

CLASSES - MONDAY/WEDNESDAY/FRIDAY/SATURDAY

GI SPOTLIGHT | GAMENESS PEARL KIMONO

OVERVIEW

When you think of early jiu jitsu kimono brands, you think of the likes of Hunter, Bad Boy and – without doubt – Gameness. Having made fightwear since 1998, Gameness has recently gone through a rebranding process, and their excellent Pearl kimono is one of the first products to have an overhaul. With this everyday product starting from just £79.99, customers are looking at a real bargain.

JACKET

First things first: the Gameness pitbull has gone! Though this may be a disappointment for some, most will agree it's a welcome omission from their previous kimono designs. The jacket features a new Gameness "G" logo, which runs down both sections of the upper arms. Our blue sample comes with black and white detailing, with the white logos popping nicely on the black backgrounds. The brand new Gameness worded logo also sits on the left hand rib cage section of the jacket. This is a pretty unique design placement, and one that does look very stylish and understated.

There's no contrast stitching, no contrast coloured lapels - just simple design offsetting this extremely well constructed product. The jacket fit was absolutely superb, with our A2 sample fitting our 5ft 8in reviewer like a suit – even after multiple washes. All areas of potential stress such as the cuffs and skirt lining are reinforced, with the overall product reeking of durability.

TROUSERS

The cotton pants follow the same theme as the jacket, with minimalistic design offsetting durability and functionality. The only design feature is a Gameness "G" logo, which is located on the upper right hip (again, uniquely placed).

For whatever reason, these trousers are the softest we have ever worn straight out of the bag, and they really did feel extremely comfortable when rolling. As you would expect, the A2 trouser sizing came in a little long for our 5ft 8in reviewer, though a few hot washes soon sorted this problem and it wasn't an issue.

DETAILS

The main revelation behind this product is the omission of any previous pitbull branding that fans of Gameness have been accustomed to over the years. The newly added Gameness logos, paired with clever placement and wrapped up within an outstanding product, make this a very attractive kimono.

SUMMARY

In summary, the Gameness Pearl is a fantastic everyday option for people who are after a straight shooting product without too many "bells and whistles". With decades of experience in the industry, the high standard of this latest Gameness kimono in terms of cut and durability was not a surprise. However, the slightly "softer" design features are extremely impressive and – in our opinion - a much needed update from previous Gameness branding.

AVAILABLE VIA WWW.

GAMENESSEUROPE.COM FOR £79.99

IN WHITE, OR £84.99 IN BLUE

AND BLACK

TOURNAMENT REVIEW

WORDS & PICTURES: CALLUM MEDCRAFT

ABU DHABI WORLD PRO

THE 2015 RENDITION OF THE ABU DHABI WORLD PROFESSIONAL JIU JITSU CHAMPIONSHIPS WAS YET ANOTHER MASTERCLASS FROM THE UAE JIU JITSU FEDERATION AND SHEIKH TAHNOON'S TEAM. THIS YEAR SAW OVER 4,000 ATHLETES MAKE THEIR WAY TO THE MIDDLE EAST, WITH THOUSANDS OF DOLLARS IN PRIZE MONEY UP FOR GRABS, MAKING THE WORLD PRO PERHAPS THE ONLY EVENT THAT TRULY CATERS FOR BJJ FIGHTERS IN A "PROFESSIONAL" SENSE.

Looking around the purpose built IPIC Arena, you quickly gained an understanding that no expense had been spared in making this the perfect environment to champion the best fighters within our sport. Three huge big screens, dramatic theatre-esque lighting and a full broadcast team beaming the action to televisions all across the nation further drove home the message that the World Pro is the ultimate jiu jitsu experience.

Despite the notable omissions of Rodolfo Vieira, Andre Galvao, Romulo Barral and Braulio Estima, the best fighters from around the globe were in attendance. Gracie Humaita's Mackenzie Dern took home the majority of the plaudits having finally picked up wins over both Michelle Nicolini and Gabi Garcia and dethroning Gabi Garcia as the open weight champion. Mackenzie's victory over Garcia in the open class was a phenomenal achievement given the huge weight discrepancy and Gabi's long running dominance at all competitions.

Marcus "Buchecha" Almeida successfully defended his open weight title, as well as picking up gold in the +95kg division. Despite the spirited efforts of Alexander Trans, Buchecha steamrolled through all-comers on his way to double gold, racking up $39,000 for two days' work.

We didn't think it was possible, but the 2015 World Pro managed to raise the bar once again and offer both fans and athletes a taste of what professional jiu jitsu should be. With the popularity and number of participants constantly on the rise in the UAE, it won't be long before we see a fresh crop of Emirati fighters staking claims to medals at the higher grades. Another huge thumbs up to UAE Jiu Jitsu – roll on next year!

-65 kg

Final: Gianni Grippo (Aliance) beat Isaque Alberto Paiva (Saikoo) by advantages

Bronze: Gilson Nunes Neto (Evolution Fight Team)

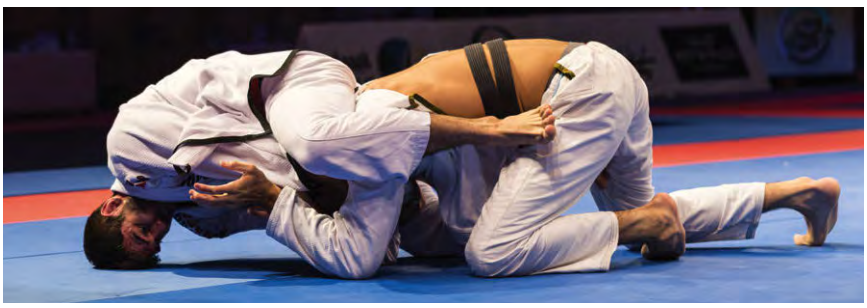
With Joao Miyao shockingly losing his first match, the final between Gianni Grippo and Isaque Paiva was perhaps not what the fans expected. After an aggressive start from Paiva, Grippo managed to achieve a leg drag and squash his opponent's guard. Though Grippo was never able to fully pass, he controlled the fight and effectively created a stalemate situation, ultimately leading to the American winning by advantages.

-75 kg

Final: Lucas Lepri (Alliance) beat Gabriel Rollo Pontes (Checkmat) by choke

Bronze: Roberto Satoshi Souza (Bon Sai)

New kid on the block, Gabriel Rollo Pontes, knew he would have his work cut out if he was to cause an upset and go home with the gold medal. Lepri, full of confidence after beating perhaps his biggest threat, Roberto Satoshi, in the semi final, quickly scored a guard pass on Pontes and controlled the match. Though Pontes was able to regain his guard, Lepri's skills came to the fore in the latter stages of the fight, securing a choke from the back.



Final: Final: Leandro Lo (Cicero Costha) beat Victor Estima (Gracie Barra) by advantages

-85 kg

Bronze: Keenan Cornelius (Atos)

Leandro Lo and Victor Estima never fail to put on entertaining matches, having faced each other on numerous occasions over the past two years (including the 2014 WPJJC final). Coming off the back of his victory over Keenan Cornelius, Estima pulled guard early and looked to off-balance Lo. However, it was the Cicero Costha competitor that managed to score the vital advantages for his persistent guard pass attempts and come away with the gold.

-95 kg

Final: Felipe Pena (Gracie Barra) beat Jackson Sousa (Checkmat) by points

Bronze: Luiz Panza (Barbosa Jiu Jitsu)

The -95kg final was contested between two of jiu jitsu's hottest young prospects, with reigning IBJJF champion, Felipe Pena, coming in as slight favourite. Sousa secured a huge double-leg takedown early in the fight, but only scored an advantage having rushed out of bounds. Ultimately, Pena was able to weather the heavy early storm before sweeping and passing Jackson's guard.

Final: Marcus Almeida (Checkmat) beat Alex Trans (UAE JJ) by points

+95 kg

Bronze: Igor Silva (Command Group BJJ)

Trans and Buchecha are two athletes very much cut from the same cloth: young, dynamic and extremely explosive. With the UAE-based Trans looking to work his guard early after conceding an initial takedown, Buchecha managed to transition into a dominant position, forcing Trans to turtle and defend multiple back-take attempts. Despite his best efforts, Trans spent most of the match defending and Buchecha went on to secure the win.

OPEN

Final: Marcus Almeida (Checkmat) beat Alex Trans (UAE JJ) by advantages

Bronze: Leandro Lo (Cicero Costha)

In this re-run of the +95kg division, Trans looked much sharper in the opening exchanges, managing to avoid Buchecha's takedowns and work his half guard. With just a couple of advantage points on the scoreboard, Buchecha had to defend a late surge from his Danish opponent, which he did successfully and walked away with the open weight belt.

-55 kg

Final: Mackenzie Dern (Gracie Humaita) beat Michelle Nicolini (Checkmat) by points

Bronze: Ariadne Oliveira (Al Ain Jiu Jitsu)

Mackenzie Dern entered this match with real fire in her belly having lost to Michelle Nicolini by the narrowest of margins at the IBJJF European championships earlier this year. Dern managed to secure a beautiful sweep early in the match, before working hard to pass Nicolini's guard. As the six-minutes came to a close, Dern managed to slow the pace and pick up her first black belt world title.

-65 kg

Final: Beatriz Mesquita (Gracie Humaita) beat Jessica Arlindo (UAE JJ) by armlock

Bronze: Luiza Monteiro (Cicero Costha)

UAE-based Jessica Arlindo came flying out of the blocks for this encounter, pushing a frantic pace and forcing Mesquita into defensive mode early on. Having finally adjusted to her opponent's style at around the four-minute mark, Mesquita pulled off a fantastic armlock from her back to secure the win.

Final: Monique Elias (Alliance) beat Ana Laura Cordeiro (Gracie Barra) by referees' decision

-75 kg

Bronze: Luanna Alzuguir (Command Group BJJ)

This fight was a real chess match from start to finish. Elias pulled guard early and looked to work from de la Riva and spider positions. Despite a number of guard pass attempts from Cordeiro, it was the Alliance fighter, Elias, who picked up the referee's decision due to a number of promising sweep positions achieved during the fight.

+75 kg

Final: Gabi Garcia (Alliance) beat Vanessa Oliveira (Command Group BJJ) by points

Bronze: Andresa Correa (Alliance)

As expected when Gabi Garcia takes to the mat, this was a complete display of physical dominance from the Alliance fighter. After securing an initial takedown, Garcia bullied her opponent into the turtle position, coming close with a number of sloppy (but forceful) clock choke attempts. Though Gabi was unable to secure a guard pass, she came away with the victory convincingly.

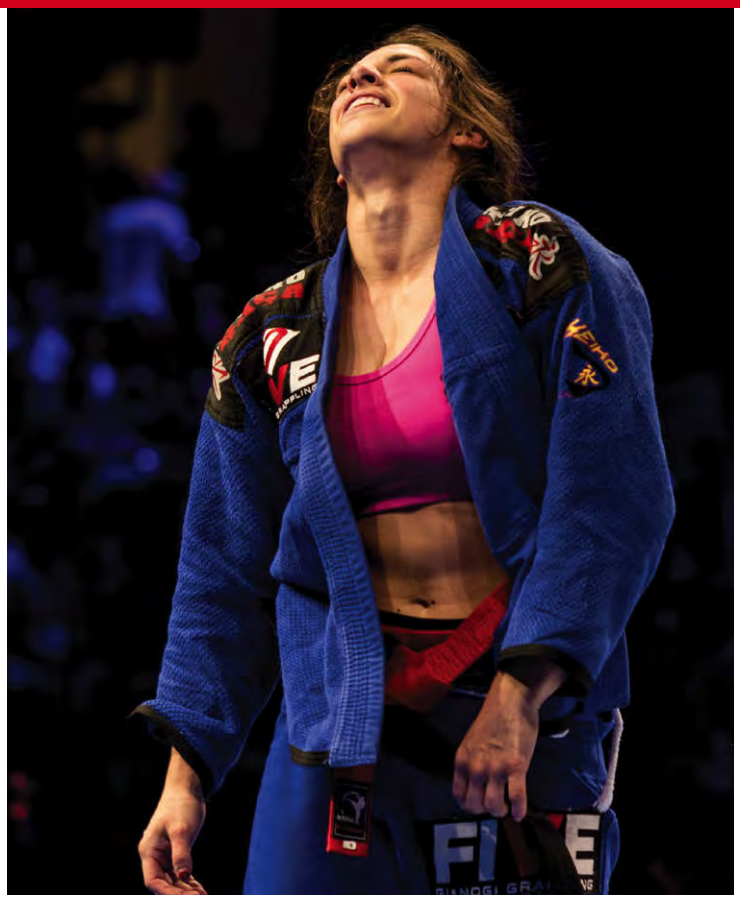
Final: Mackenzie Dern (Gracie Humaita) beat Vanessa Oliveira (Command Group BJJ) by points

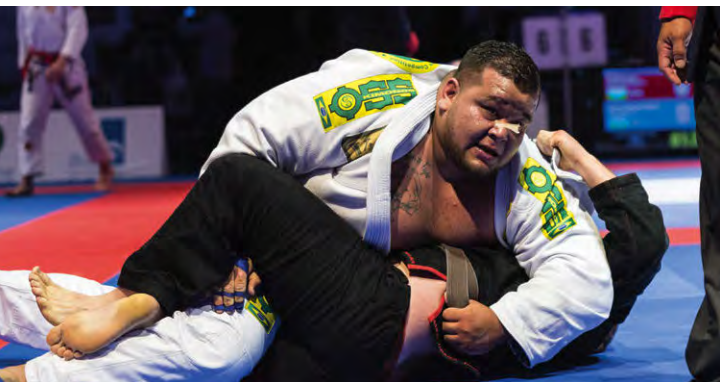
OPEN

Bronze: Gabi Garcia (Alliance)

With the hardest work done in her semi-final match against Gabi Garcia, Mackenzie Dern walked into the final with a spring in her step and the open weight belt in her sights. Oliveira conceded an early sweep, before spending the majority of the fight defending Dern's multiple back take attempts. With a minute left on the clock, Dern was forced back into her guard, but looked in complete comfort as the clock ran down and she secured the win. So it was double gold for Mackenzie Dern – a fantastic achievement having competed in the lightest weight category at the competition!

DOCUMENTARY PHOTOGRAPHY FROM CALLUM MEDCRAFT





DOUBLE GOLD MEDALLISTS

2015 MARCUS "BUCHECHA" ALMEIDA (+95KG & ABSOLUTE)

2015 MACKENZIE DERN (-55KG & ABSOLUTE)

2014 MARCUS "BUCHECHA" ALMEIDA (+100KG & ABSOLUTE)

2014 GABRIELLE GARCIA (+72KG & ABSOLUTE)

2013 GABRIELLE GARCIA (+72KG & ABSOLUTE)

2012 RODOLFO VIEIRA (-94KG & ABSOLUTE)

2012 GABRIELLE GARCIA (+72KG & ABSOLUTE)

2011 RODOLFO VIEIRA (-92KG & ABSOLUTE)

2010 CLAUDIO CALASANS (-83KG & ABSOLUTE)

2009 TARSIS HUMPHREYS (-85KG & ABSOLUTE)

REIGNING CHAMPIONS

MALE

OPEN	MARCUS ALMEIDA (CHECKMAT)
+95KG	MARCUS ALMEIDA (CHECKMAT)
-95KG	FELIPE PENA (GRACIE BARRA)
-85KG	LEANDRO LO (CICERO COSTHA)
-75KG	LUCAS LEPRI (ALLIANCE)
-65KG	GIANNI GRIPPO (ALLIANCE)

FEMALE

OPEN	MACKENZIE DERN (GRACIE HUMAITA)
+75KG	GABRIELLE GARCIA (ALLIANCE)
-75KG	MONIQUE ELIAS (ALLIANCE)
-65KG	BEATRIZ MESQUITA (GRACIE HUMAITA)
-55KG	MACKENZIE DERN (GRACIE HUMAITA)

MEDAL LEADERS

9 GOLD MEDALS

GABRIELLE GARCIA
(2010, 2011, 2012 X 2, 2013 X 2, 2014 X 2, 2015)

7 GOLD MEDALS

RODOLFO VIEIRA
(2009, 2011 X2, 2012 X2, 2013, 2014)

6 GOLD MEDALS

MARCUS ALMEIDA
(2012, 2013, 2014 X 2, 2015 X 2)

4 GOLD MEDALS

LEANDRO LO
(2011, 2013, 2014, 2015)

CLAUDIO CALASANS
(2010 X2, 2011, 2012)

Original Hand Drawn Artworks

楊蜀望

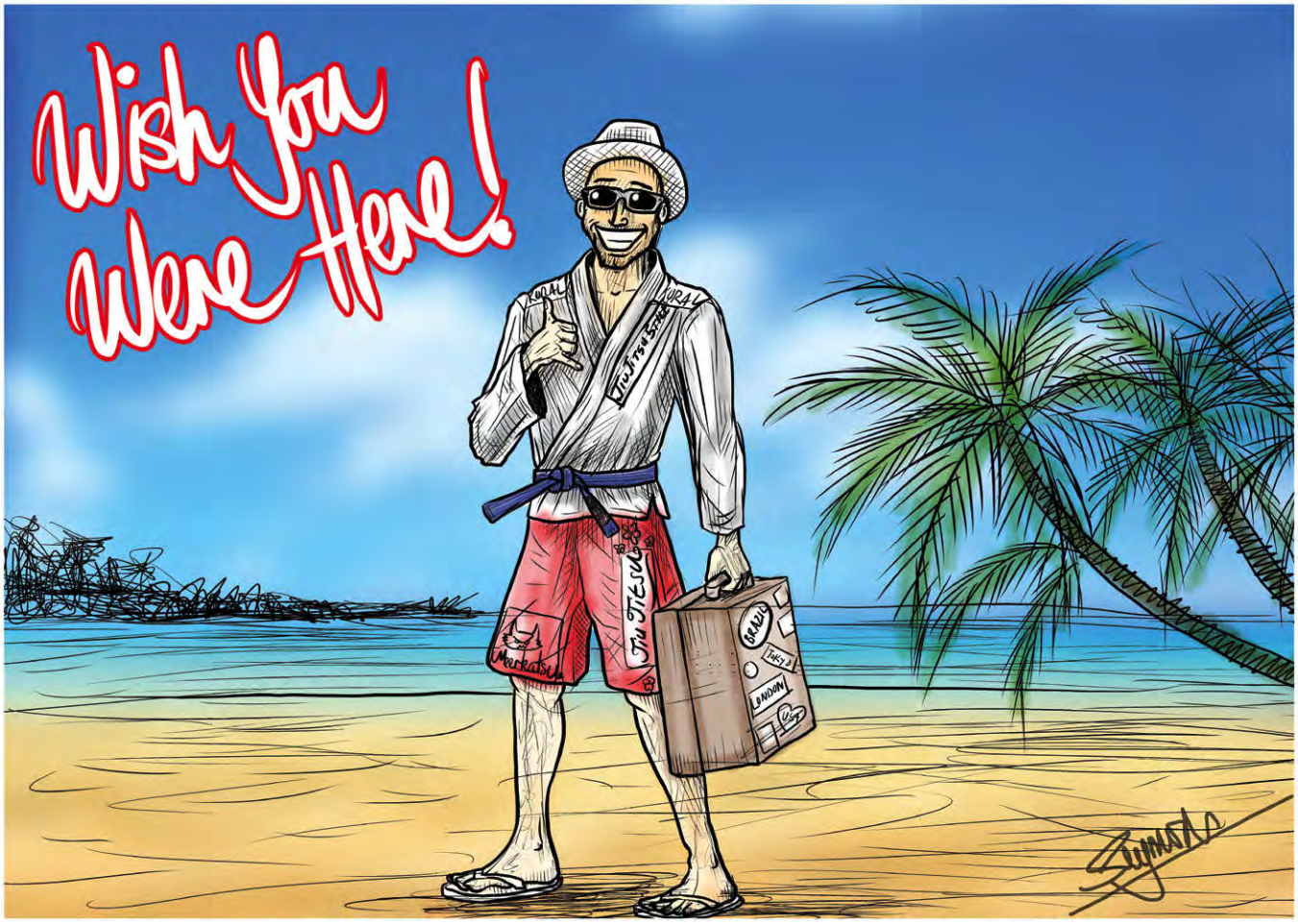
MEERKATSU®

MEERKATSU

WWW.MEERKATSU.COM

PASSING NOTES

A humorous Q&A on the pressing topics in BJJ today.



NAME?

Holidays abroad

WHAT IS IT?

The chance to take a holiday somewhere exotic and train BJJ at the same time.

FANTASTIC, WHERE CAN I GO?

Anywhere you like – there are academies all over the world now and you can even book to stay at entire BJJ camps and immerse yourself fully.

WILL JUDITH CHALMERS BE THERE?

Who? Oh, you mean the permatanned TV presenter from the 80's holiday program *Wish You Were Here*?

YEAH HER, ALWAYS STRUCK ME AS UNFAIR - THERE SHE'D BE IN SOME CARIBBEAN DESTINATION 'WORKING' WHILE HER TV SHOW COLLEAGUES WERE GIVEN CRAPPY, COLD AND NOT VERY FAR AWAY DESTINATIONS TO REPORT ON.

Umm, I think we're moving away from the point. These days, with the low cost of air travel and spread of BJJ you can train pretty much anywhere. There are jiu jitsu immersion camps, summer camps, winter camps, beach camps, cruise ships…

WAIT…CRUISE SHIPS? OH MAN, LIKE 80'S TV SOAP *LOVEBOAT*?

You really must get over your obsession with 80's TV. But yes, cruise ship jiu jitsu holidays have been going for quite a long time actually. I have a copy of *Grappling* magazine dating back to the…

1980'S? PLEASE SAY THE 1980'S!

No! It was dated 2003! But inside is an advert for a Gracie Jiu Jitsu cruise ship holiday.

SO WHAT DOES ONE DO ON A BJJ IMMERSION HOLIDAY? PERHAPS CHOKE PEOPLE OUT WHILE DRINKING PIÑA COLADAS AND TOPPING UP YOUR TAN?

The itinerary for a Gracie Immersion Camp in Hawaii reads: train with the Gracies, surf with the locals, swim with the sharks, snorkel, hike, and more!

IT ALL SOUNDS AMAZEBALLS BUT I'M SKINT SO MY HOLIDAY THIS YEAR WILL BE IN BOGNOR REGIS.

You can still train…there's an MMA school there too. Failing that, have a beach fight and use your skills for real.

DO SAY

Honey, I've found this lovely holiday destination and there's not a BJJ academy within 100 miles.

DON'T SAY

Do you think 10 gis will bring me over the baggage weight limit?

ROGER GRACIE
BRAZILIAN JIU JITSU

ROGER GRACIE

10 X BLACK BELT WORLD CHAMPION

THE BEST BJJ SCHOOL IN LONDON

COME JOIN OUR FAMILY

CALL US FOR A

FREE CLASS

0203 220 0095

More informations:
www.rogergracie.com
academy@rogergracie.com

rogergracie
@rogergracie

SUB-ZERO ULTRA LIGHT KIMONO
WWW.TATAMIFIGHTWEAR.COM
Tatami
Tatami
fightwear